

Wrong Beliefs and Truths of Alternative Medicines

[In each medical system there may be something unique, and without arguing which one is the best, the intelligent man takes the best from each.]

The incredible effects of **Dr. Bach Flower Remedies of England** for solving problems and overcoming difficulties.

Homoeopathy: What It is and what It is not.

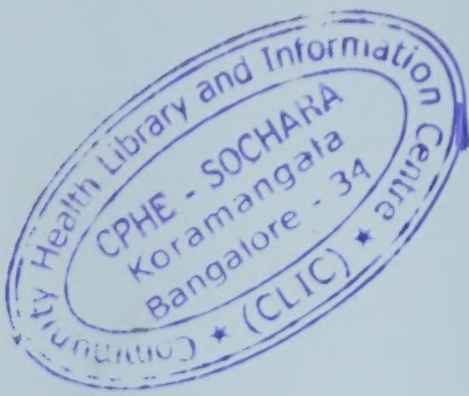
Meditation: Exact & Accurate Method

When Doctors Fail and Astrologers/Godmen Disappoint you, **Gems and Precious Stones** come to your rescue.

Ancient Herbal Remedies of Tamil Nadu

DR-415
N99

ACUPUNCTURE: 3-minute cure
diseases for which allopathy has no cure
emergencies when a doctor is not available.



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Private Circular letter to all my doctor-students and former patients who got cured completely of Chikungunya disease with one single dose prescribed by me during 2007-2008.

Sub: Treatment for Swine Flu

During the years 2007-2008 lakhs and lakhs of *Chikungunya* victims had been completely and permanently cured with one single dose of the homoeopathic remedy called *Polyporus Pinicola-10,000X*. **(Rate of success: more than 97%)**

The undersigned was the first homoeopathic practitioner to find out and tell the name of this homoeopathic medicine being almost a specific for chikungunya. For nearly six months I had done individual and independent research by going through medical records of hospitals and nursing homes in India and abroad and by paying fifty staff and interviewing thousands of Chikungunya victims. At last I could find out Polyporus Pinicola, being almost a specific remedy for chikungunya. Prior to my finding, all homoeopaths had been giving different remedies for weeks with 25% temporary relief only.

Those patients who got cured of chikungunya 1-2 years ago and medical practitioners who had successfully cured chikungunya victims with one single dose of Polyporus Pinicola, are now inquiring me as to what is to be done for the dreaded *Swine Flu* prevalent today all over the globe.

After spending more than a month with the help of fifty part-time and full-time employees I have identified an ancient herbal formula both for treatment as well as prevention of Swine Flu. **(Rate of success: more than 97%)**

To get this herbal remedy (sufficient for four persons) you may send money order or bank draft for Rs.500 (Rupees five hundred only) (overseas: US\$ 12=00 or Euro 10=00) to the following address.

Dr. V. Krishnamurthy, Raman House, Old No.21, Kuppaiah Street, West Mambalam, Chennai - 33, India.

Phone: 044-65393214, 080-32922523—Please avoid unnecessary phone calls. We have no e-mail please.

Medicine also available at the following address:

Dr. Manian, 41, N.H.C.S. Layout, 7th Main, 7th 'B' Cross, Govindaraj Nagar, BANGALORE-79, Phone: 23117112, 9448537584

If you read the following books of mine, you can yourself solve in no time all your problems (including Swain Flu and any other damn life threatening disease or epidemic) in the future. Also solve problems and overcome difficulties in day-to-day life. Health is every man's right!

Tamil: இங்கிலாந்து மலர் மருந்துகள் பாகம் - 1 Rs.75

தியான முறை Rs.75

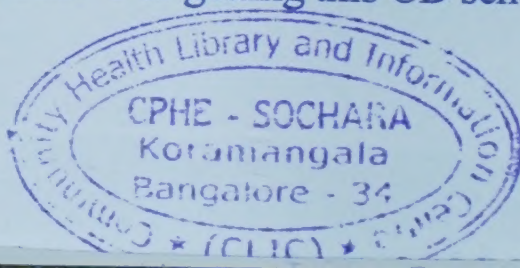
English: Wrong Beliefs & Truth of Alternative Medicines Rs.75

Complete Guide to Dr. Bach Flower

Remedies of England (5 parts) Rs.1,200

To get all the above books you may send money order or Bank Draft to Dr. V. Krishnamurthy, Raman House, Old No.21, Kuppaiah Street, West Mambalam, Chennai - 33.

We have a CD disc containing South Indian Karnatik music that would play for five hours. Listening to this for one hour daily increases your income, prevents many diseases, and solves problems in life.. For getting this CD send Rs.200=00 to the above address.



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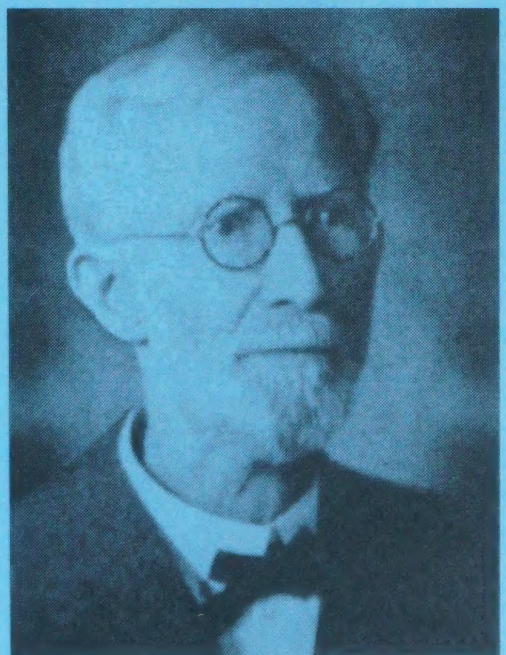
MYTH & REALITY OF HOMOEOPATHY

*70 to 90 PER CENT OF CAESAREAN
SURGERIES CAN BE DONE AWAY WITH
THREE DOSES OF HOMOEOPATHIC
MEDICINE.*

The foetus (baby in the uterus of the pregnant mother) 1-3 weeks prior to delivery date (so long remaining in upright position) turns upside down, and the uterus descends down in such a way that the head of the foetus remains fixed in the pelvic floor of the mother. 1-3 weeks later, at the delivery time the mouth of the uterus dilates and the child comes out. Even after the full term of ten months if the child does not turn upside down, or turns half-way and lies crosswise, or having turned upside down, does not descend further down, the attending lady doctor would say that head is still floating or is in incorrect position and so opens the abdomen to take out the child. This is called caesarean surgery. 70 to 90 per cent of caesarean surgeries at the present day are conducted solely for this reason.

At this time if the patient takes three doses of the homoeopathic medicine *Pulsatilla-1000*, every 4-8 hours, in the next twenty-four hours it would be a normal and safe delivery.

In the reference book *The*



Dr. W. A. Yingling, M.D.

Accoucheur's Emergency Manual by Dr. W. A. Yingling, M.D., of U.S.A. we find the following :

"Abnormal presentations may be righted if (*Pulsatilla* is) given before the membranes are ruptured or the presenting parts are firmly engaged..."

In Dr. Balaji Soorya Hospital, Pollachi Road, Dharapuram, Tamilnadu, by using *Pulsatilla* and other remedies there has been not even a single caesarean for the past several years and the doctor in-charge Dr. N. Loganayaki, M.B.B.S., D.G.O., has put up a board "Caesarean-free Clinic." The Dharapuram Lions Club has given her a certificate testifying this.

(2) If the babe in the uterus stops growing, allopathy has no cure and they abort the child. But if one single dose of the homoeopathic medicine *Secale Cornutum-10M* is given, the babe starts growing. (See *Calvin B. Knerr's Repertory*, p. 698. Pregnancy, foetus, development arrested: *Sec.*)

**HAEMOPHILIA (Bleeders),
LEPTOSPIROSIS, INFECTIVE
HEPATITIS (Water-borne jaundice),
& SEPTICAEMIA.**

(Diseases of blood that threatens life.)

**For the above diseases, the
homoeopathic medicine *Crotalus
Horridus-1000x* is almost a specific.
[One pill for a dose, (chewable) three
doses, given every eight hours, is more
than sufficient.] Avoid bitter gourd.**

Price: 3-dose pack: Rs.650=00

—Success rate: 87 to 95%—



Dr. Calvin B. Knerr, M.D.



Dr. EDWARD BACH, M.B.B.S., M.R.C.S.,

Cut short your medical bills, overcome difficulties and solve problems in life. More particularly when doctors fail and astrologers disappoint you, with the Incredible Effects of the Thirty-Eight Remedies (Discovered by Dr. Edward Bach, M.B.B.S., M.R.C.S., OF LONDON)

A word to the readers:

The average newcomer, more particularly Indians, tend to disbelieve and reject the marvellous effects of these thirty-eight remedies, each one containing trace quantity of a particular non-toxic wild flower. Surprisingly all the thirty-eight flowers are found together in one village called Mount Vernon in the thick forest of England and nowhere else. Before passing any remark, we request the reader to just make a trial of the remedies on themselves. The proof of pudding is in the eating.

A question more often asked by many readers are: “If so effective, why has this system so far not become popular worldwide?” The answer is given by Lord Bernard Shaw: *The minority is always correct*. Ralph Waldo Emerson puts it the other way: *Nature keeps her ways secret*.

Following are some of the regular uses of Bach remedies in the day-to-day life of readers of former editions of this book. [If you want to learn swimming, you must first get into the water. No amount of studying textbooks would make you a good swimmer. So also you must take these remedies on yourself to see their effects.]

(The names of remedies are given in bold type)

1. Agrimony. The key word is *argument, dispute, bargaining, contending, fighting for your rights* etc.

- (a) For selling your costly house, flat or car, instead of advertising or running after agents or brokers, just start chewing one pill of this remedy twice daily[†]. In 3-7 days' time, a prospective buyer approaches you, ready to buy at the correct market rate. This saves advt. expenses, two percent brokerage etc.

The reader must note very carefully that we do not write here that by taking this Bach remedy Agrimony you can sell your house at double the market price. You can only save advt./brokerage etc.

- (b) When you have to go to a police station or court, to tackle a trouble giver, start talomg **Agrimony**; he comes to terms without any fight/court/police.

2. Water Violet: The key word for this Bach remedy is occasions which you do not want, but which you cannot avoid and you have necessarily to face. None of us can avoid celebrating *Deewali* that means a few thousand rupees. You have to face it, whether you like it or not. So also, in the case of fracture or on falling sick seriously, we cannot ignore or postpone going to a hospital. We have to necessarily get admitted and spend a few thousands. One week before and after *Deewali* or big festivals, if only you take this remedy daily 1-2 doses, you would soon get, in one form or other's all that you spent on the festival. By ordaining festivals. God is not cruel to make us spend our hardearned money. **Water Violet** enables us to celebrate festivals *correctly* and so the money spent comes to us in one way or other. Also, things which you do once in your life time—opening a Bank account or registering the document on buying a house. You cannot avoid

[†]These tiny pills may be chewed; taken any time, not necessarily before/after food. No diet restrictions. Absolutely without any side-effects whatsoever.

the stamp duty of two lakhs. Take **Water Violet** daily once from day one of going to the document writer etc. Surprisingly you will soon get back the amount spent.

- (a) Mr. Srinivasan, a retired government school teacher was in hospital after eye surgery. On his friend's advice he started taking **Water Violet**. Three weeks later, he received a bank cheque (for an amount equal to the treatment charges) from the govt. towards his long overdue arrears of salary. The point to be noted here is that none of his colleagues simultaneously got the cheque due to them.
- (b) Mrs. S. read this book and started taking daily one dose of **Water Violet** one week before and after Deewali. A few days later, she received phone calls—a person consulted her for tarrot card reading. Another person came to learn Pranic Healing etc. These subjects she had learnt long ago. Mrs. S. told the audience during the birthday celebration of Edward Bach conducted at Bangalore that if **Water Violet** is taken on the day of even a small festival, the cost of cocoanut bought for *pooja* is also reimbursed to her in one form or other.

3. Gorse is the name of another Bach remedy. Bribe at govt. offices. You can do away with it if only you take 1-2 doses (at an interval of 2-6 hours) prior to going to a govt. office for getting things done. So also, if you have to travel at short notice in a long distance train, getting a berth is out of question because of long waiting list. But readers of former editions of this book would buy an ordinary ticket on the day of travel, take a dose of **Gorse** and enter the reserved sleeper coach. The T.T.E. talks politely and allots a berth that fell vacant due to last minute cancellation.

By taking **Gorse** we behave as a passenger and so the railway staff has to behave as public servants. Otherwise, we run after the T.T.E. begging for a berth.

The reader must note very carefully that we do not write here that by taking **Gorse** you can travel in the sleeper coach without paying for the ticket or berth charges. You have bought a ticket and you are ready to pay for the berth charges also. In such a case why not this happen with **Gorse**?

A question more often asked by some of the readers is: “If so effective why has this system of medicine not become so popular?”

The answer is given by Lord Bernad Shaw: “The minority is always correct”. Ralph Waldo Emerson puts it the other way: “Nature keeps her ways secret.”

[If any reader says that it is his birth right or *karma* to travel by standing in the crowded unreserved coach, we have nothing to say!]

4. The three remedies **Chicory, Gorse & Wild Rose**, taken together helps us in the following situations:

- (a) electric power goes off. (Take one dose of all the three remedies together. In twenty minutes power is restored.)
- (b) Phone is out of order.
- (c) Monsoon fails.
- (d) In some new colonies of metros no water in the tap.

You are paying for the water bill. Then why not get it. We do not write here that even without water pipe connection and payment of bills, water would start pouring down in your house.

This year in a village in Tamil Nadu, a certain boy's answer sheet would catch fire every time he wrote his examination.

- (a) This causes terror/panic in anybody's mind.

For terror/panic the Bach Remedy is:

Rock Rose

- (b) To stop unwanted/undesirable things occurring again and again the Bach Remedy is:

White Chestnut

- (c) The boy's parents have tried various doctors, *tantrics*, *sadhus* etc., with no avail: so they have lost hope. For 'hoplessness' the Bach Remedy is:

Gorse

The above three remedies when given to the boy, thrice daily for a week, completely stopped the menace.

By taking Bach remedies you cannot make others dance to your whims and fancies. But in all certainty, all your genuine problems can be solved and difficulties overcome in the shortest time.

Black magic, witchcraft etc. If stones start falling in a house, we say that someone has played black-magic on us. Take a litre of water, dissolve 10-20 pills of the Bach remedy *White Chestnut*[†] in it and sprinkle the water on the floor and wall of your house. Falling of stones would stop. Whether such acts of blackmagic is true or not, it is not our concern here. You do not want that and so you can eradicate it with Bach remedies.

[†] A set of all the 38 remedies can be had from the author of this book by sending Rs. 120 x 38 = 4560

Insufficient Income:

- a) Those who borrow at the end of every month, the Bach remedy **Chicory** and **Hornbeam** is to be given. Daily one dose, taken any time. Taking this remedy will not make money falling from the roof; the person will either write depl. exam. to go to the next higher post or start doing some partime job to make up the month-end deficit.
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Dr. Bach Flower Remedies of England

Discovered & Introduced by
DR. EDWARD BACH, M.B.B.S.,
M.R.C.S. of London around the year 1936

*WHY ARE DR. BACH FLOWER REMEDIES OF
ENGLAND FOR USE BY LAYMEN AND NOT FOR USE
IN THE HANDS OF DOCTORS?*

- (A) Because, these are useful in solving problems and overcoming difficulties in life in no time, more particularly when astrologers disappoint and godmen are useless.
- (B) Also useful only in those diseases where allopathy has no cure and/or surgery is the only resort.

This system is not so much for treatment of ordinary diseases like cough, cold, fever etc., but it is more for those diseases where allopathy fails; also for solving problems and overcoming difficulties in everybody's life.

Before learning any subject you must know the scope and limitations of the subject and also the scope and limitations of the teacher from whom you are learning it. The one single word to describe both is *grace*.

‘Grace’ means much more than what you deserve or expect or would have even imagined.

Correct, complete, exact and accurate answers and solutions are obtained from Bach Remedies in respect of all matters relating to our life on earth.

With Bach remedies you become rich not merely money-wise but also morally, ethically, emotionally as well as spiritually too!

Self-medication is bad as far as allopathy is concerned where virulent chemicals are used. Bach remedies are non-toxic and the pills used contain trace quantity of harmless wild flowers.

It is a Nature's gift from the vegetable kingdom.

This system consists of thirty-eight remedies, each one prepared from the trace quantity of a particular non-toxic wild flower, all of them found in a small place called Mount Vernon in the English forest.

Britishers are No. 1 in all fields (Games—cricket; sun did not set in their kingdom; parker pen; seven o'clock blade; B.B.C.; Rolls-Royce Car; London School of Economics; Cambridge, Oxford University)

The thirty-eight flowers are found in abundance, in their natural habitat all in one single area in the English forest. The fragrance emanating from these flowers and being carried by winds are influencing the British people from time immemorial and thus making them internationally No. 1 in all walks of life. In no other part of the globe do we find all the 38 flowers in one place that too in their natural habitat. We import these into India and sell in the form of ready-to-take tiny sweet pills; by taking these we too can become No. 1 like the British. Universities in India can be an Oxford or Cambridge, if our professors and lecturers start taking suitable Bach Remedies.

What would you get by learning and using these remedies?

A Tamil saying is that what all we have so far learnt/studied is only the size of a handful of sand. What we are yet to learn is the size of our whole earth. Unfortunately, even in the handful of what we have learnt, more than ninety-nine per cent is incomplete or not correct. Supposing even a two per cent of what we have learnt/studied is correct, we would by now be living the life of a *maharaja* (emperor).

Bach Remedies enable you to know the meaning, value and significance of various things *exactly and accurately*. Precision is the culture of Bach Remedies. Thus, by taking suitable Bach remedies all your difficulties dilute away and thus you are able to increase your income and lifestyle.

To illustrate our claim that 99% of what all we have studied/learnt is wrong, let us go to the following few questions and learn how exactly Bach Remedies give the correct answers to them:

1. What is the use of encyclopaedias?
2. How does a medical doctor becomes a கைராசி doctor (Midas touch)?
3. What is the right and only solution to cure addictions?

Use of Encyclopaedias:

Almost all readers, even a college professor would say that an encyclopaedia is a reference book to know all about a particular thing. That use is a low-key approach.

The correct answer is something different: To prove this, let us quote some medical cases here:

A middle-aged man with pain in his left knee for two years came to me for treatment after trying with various specialists in

vain. After looking at him I directed him to a dentist to remove any decayed tooth because the type of his knee pain was due to decayed teeth.

He insisted that I should see the X-ray and clinical laboratory test reports taken on the advice of chief ortho doctors in the city. I refused and so he went away. He continued with his drugs, physiotherapy etc. Six months after this, he got retirement and went to his motherland Canada. There he consulted his family physician for his knee pain. That doctor too, after looking at him, directed him to a dentist.

When he went to the dentist, after examining the teeth the latter asked him whether he had been having knee pain for two years. Telling that the knee pain was due to a decayed tooth, he removed it; the very next day his knee pain vanished permanently.

Now the question is why was it possible for the author of this book as well as the Canadian doctor to diagnose that the decayed tooth was the cause for his knee pain, while the doctors in Chennai were giving drugs, recommending physiotherapy etc. The answer is very simple. Myself as well as that Canadian doctor have studied *British Encyclopaedia of Medical Practice* (12 volumes) as a textbook. So, there is no chance of our making wrong diagnosis; also no need to send a difficult case to a so-called senior physician etc.

How did the author of this book come to know the exact use of encyclopaedias?

The Bach remedy called *Cerato* enabled the author to know and learn the correct use of encyclopaedias.

From the Bach Remedy Cerato, we learn that

Textbook is for passing an examination to get a degree or diploma.	Encyclopaedia is the textbook for professionals to become No. 1 in their respective field.
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No professor in any college would teach you things so exactly as Bach Remedies.

Real causes of disease/sufferings of men is known by the use of Bach Flower Remedies alone; nowhere else do we get correct answers for our problems and sufferings.

Let us examine one of the social evils viz., ‘addiction’ and learn as to how Bach Remedies reveal the only right solution:

Walnut is the name of one of the thirty-eight Bach Remedies (Each Bach remedy is prepared from the trace quantity of a particular non-toxic wild flower and all these thirty-eight remedies are found in one place in the thick English forest. The place is called Mount Vernon, a small village. A few of these flowers are found here and there in some parts of the globe together but not all are found together in one place!) The Bach remedy Walnut is given to cure all types of addictions and bad habits i.e., where the patient is doing one and the same bad thing repeatedly over and over again with his fingers/hands—be it chain smoking, drinking alcohol in excess daily, tobacco-chewing, taking several cups of coffee/tea, thumb-chewing in children or nail-biting in elders.

After taking Walnut for a certain period of time, though the addicts gave up the habit we continued to give the remedy Walnut to them, because we have to find out as to why they became addicts. In due course, these persons started learning instrumental music or painting and soon started performing in

stages earning Rs. 500 to 1000 for each two-hour performance as compared to their earlier income of mere 5-7 thousand rupees, working as an office staff for 8 hours x 30 days.

The question now before us is, “What has ‘playing instrumental music or painting’ to do with addiction?”

In both cases, the person does one and the same thing repeatedly over and over again with rhythmical movement of his fingers/hands

WALNUT

Smoking cigarettes or nailbiting or taking <i>ganja</i> is the ‘NEGATIVE’ aspect of the Bach remedy Walnut.	Playing instrumental music or painting is the ‘POSITIVE’ aspect of the same remedy.
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From the above we infer that mighty Nature (or God) tells all addicts: “I sent you on earth to learn and play instrumental music (or painting) and earn 1-2 thousands daily. But you did the mistake of studying science or accountancy to earn a mere few thousand rupees once a month only. *To remind your job on earth I made you an addict. At least now realise your mistake, take Walnut and start learning instrumental music and earn a few thousand rupees for each 2-3 hour performance.*”

Addiction is not a punishment given by Nature but a chiding only.

Thus, Bach Remedies *DO NOT ‘TREAT’ OR ‘CURE’* human beings but change them from ‘negative’ to ‘positive’ types. On the one hand Walnut enables addicts to completely give up the bad habit; on the other, it simultaneously enables them to automatically learn and master instrumental music/ painting, irrespective of their age.

We, therefore, call Sitar Ravishanker of North India and Veena Gayathri of Tamil Nadu as “POSITIVE Walnut-type persons.” Had the parents of these instrumentalists done the mistake of discouraging their learning instrumental music and insisted on their first becoming at least a graduate, they would have ended up as a diploma/degree holder and working in an office for a mere 5-10 thousand rupees per month and becoming addicts to alcohol, drugs etc.

From the above, we get the lesson (by the study of Bach Remedies) that in de-addiction centres we must employ teachers of instrumental music/painting and this alone is the only and correct solution to cure addictions. Will the concerned authorities wake up at least now?

Let us now go to another Bach remedy *Cherry Plum*. This is prescribed for:

Persons who weep or with ‘unbearable’ pain in body (whatever may be the name of his disease).

Cherry Plum is not a painkiller but it cures the underlying pathology and so the pain stops.

The best place to illustrate the use of Cherry Plum is the labor ward in any maternity hospital.

(Bach Remedies are thirty-eight in all. Every person would be of one remedy-type only at any given time. Thus, roughly three out of every hundred persons would be Cherry Plum type). Go and stand in the verandah of any labor ward at midnight and you would be hearing the shouting, crying or weeping of three out of every one hundred expectant mothers. The child wants to come out of the uterus but the mouth of the uterus (os uteri) does not dilate (expand.) Thus, it causes “unbearable” pain making the mother cry. This happens in the

case of three per cent of expectant mothers at delivery time. We gave Cherry Plum at this time to these ladies (say, 1-3 doses every 5-15 minutes). Soon they had normal delivery. At this point please do not take down notes that the Bach Remedy Cherry Plum is for “easy delivery.” Not only painful delivery but in all diseases or problems in life where the affected person cries/weeps with ‘unbearable’ pain (or resort to suicide) Cherry Plum is to be prescribed and it cures them. In the case of life problems making them to resort to suicide, the remedy enables them to automatically find ways and means to solve their problems.

I called aside the above ladies to whom Cherry Plum was prescribed for ‘unbearable pain’ and advised them to take daily one dose of the same remedy. They said, “Sir, we have delivered the baby. Why more medicine?” I advised them that this remedy would enable them to know as to why they got such ‘unbearable’ labor pain for hours together and also to prevent all future sufferings (be it bodily diseases or problems in life) making them weep or cry. They started taking the remedy. After a few weeks it was noticed that all of them started learning vocal music (irrespective of their age) and after a year were performing in music clubs and stages and their income multiplied several-folds.

Mighty Nature indirectly tells the above ladies: “I sent you on earth to learn vocal music and earn several thousand rupees. But you did the mistake of choosing an unsuitable profession to earn a few thousand rupees once a month. To remind your work on earth, I gave you that unbearable labor pain. At least now realise your mistake, start taking the Bach remedy Cherry Plum which not only reduces your prolonged

labor pain, but also simultaneously enables you to learn vocal music and earn several-fold of your previous monthly income.

The question now before us is, ‘What is the connection between ‘vocal’ music and ‘crying with pain or problem in life?’ In both instances, ‘voice’ is used continuously in high pitch.

From the Bach Remedy CHERRY PLUM, we learn that those weeping/shedding tears should start learning vocal music

‘We call weeping with pain or problem in life’ as ‘NEGATIVE ASPECT’ of Cherry Plum.	‘Singing’ is the ‘POSITIVE ASPECT’ of the remedy.
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The names of the 39 Bach Remedies are:

- | | |
|-----------------|-----------------------|
| 1. Agrimony | 21. Mustard |
| 2. Aspen | 22. Oak |
| 3. Beech | 23. Olive |
| 4. Centaury | 24. Pine |
| 5. Cerato | 25. Red Chestnut |
| 6. Cherry Plum | 26. Rock Rose |
| 7. Chestnutbud | 27. Rock Water |
| 8. Chicory | 28. Scleranthus |
| 9. Clematis | 29. Star of Bethlehem |
| 10. Crab Apple | 30. Sweet Chestnut |
| 11. Elm | 31. Vervain |
| 12. Gentian | 32. Vine |
| 13. Gorse | 33. Walnut |
| 14. Heather | 34. Water Violet |
| 15. Holly | 35. White Chestnut |
| 16. Honeysuckle | 36. Wild Oat |
| 17. Hornbeam | 37. Wild Rose |
| 18. Impatiens | 38. Willow |
| 19. Larch | 39. Rescue Remedy |
| 20. Mimulus | |

Note: (1) Out of the first thirty-eight in the above list, each one contains trace quantity of a particular wild flower. The remedy *Rock Water* at Serial No. 27 alone is not from flower, but it is merely water collected from natural springs found among hard rocks.

(2) *Rescue Remedy* at Sl. No. 39 is a mixture of the five remedies at serial Nos. 6, 9, 18, 26 and 29

SALIENT FEATURES OF BACH REMEDIES:

- * There are just thirty-eight remedies only.
- * No elaborate head racking study. It is very simple and is easily learnt.
- * There is absolutely no diet or other restrictions.
- * No contra-indications.
- * It can be taken at any time, not necessarily before or after food.
- * They are available in the form of “ready-to-take” sweet pills.
- * There is no need to swallow the pills with water; just to be chewed. Easily carried even during travel and journeys.
- * To those who refuse medicine, the pills can be dissolved in their drinking water, coffee/tea etc. This does not cause discolouration of the water or emit any smell.
- * There is no expiry date for these remedies.
- * They are absolutely safe, non-habit-forming and even if wrongly used or taken in over doses, do not produce side-effects.
- * There is no question of withdrawal syndrome.
- * They can be given to persons of all ages, the newborn babies as well as to women at all months of pregnancy.

- * They can be taken while you are on other medicines/ treatment because they do not interfere with the action of other treatment.
- * Up to five medicines can be taken together at a time.
- * They can be repeated as often as required. In chronic diseases, once or twice daily.

Unique uses of Bach Remedies in giving relief is seen in cases of

TRAUMA

What is trauma?

Our bodily sufferings can be classified into two broad groups

One is diseases arising internally—cancer, headache etc. We, laymen, do not know how and why it comes; for this you need to consult a doctor, then take drugs etc.	The other is caused by “external forces” which, if we so want, can avoid—accidents causing bleeding, poisoning, burns, electric shock etc. These are under our control and if you don’t touch these, they won’t harm us. These affections are called by the term ‘trauma’.
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‘Trauma’ means a wound or injury caused by accidents (road, domestic or industrial); in this included are poison & poison bites, burns & scalds and electric shock.

In medical emergencies arising from traumatic causes where life is in danger, just put two pills of the Bach remedy called **Rescue Remedy** into the mouth of the victim. In less than a minute’s time,

- (i) bleeding, if any stops, without any need to put up a bandage, however long or deep the cut may be;

- (ii) pain, swelling etc., is reduced to the minimum; throw away the first aid box!
- (iii) if unconscious and the body has become ice cold, pulse/breath imperceptible, these are cured in just a minute, and the victim gets up and walks home as if nothing has happened (excepting, of course, fractures)—the more danger to life, the quicker the remedy acts;
- (iv) in case of chemical and other poison and poison-bites, the poison gets neutralized in no time;
- (v) In the case of burns & scalds not only the burning pain comes down in less than a minute but also, simultaneously, all after-effects are prevented.

But that is not the case with medical systems known till date. After extensive burns if the victim goes to any qualified and registered medical practitioner, the latter has no medicine to prevent the after-effects of burns. At the most he would order 'rest cure'—bleb formation taking place after a few days, discoloration of skin and disfiguration of the part by thickening of tissues etc.

But **Rescue Remedy**, given by mighty Nature, not only acts as a mere first aid in trauma but in most cases completely cures the patient (even before the time required to reach the victim to a hospital) so that no other treatment is required (fractures excepted).

Won't you like to keep a phial of **Rescue Remedy** in your home?

We are living in the Computer Age!

The system of Bach Remedies

(i) has in-built tutorial; and

(ii) it is user friendly.

At the present day we find the computer/internet in the house of most of the middle class people.

How did the computer find such an easy acceptance? It is because of the above two features in all computers. Remove these two facilities and it cannot get easy acceptance by new-users.

In-built tutorial:

Take daily one dose of two Bach Remedies viz., *Chestnutbud* and *Walnut* while reading this book. These two remedies enable you to learn and master any new subject quickly.

User-friendly:

After this, to know the effect of each remedy, take it daily one dose for 2 - 4 weeks. Note the changes in and around you. You can attribute those positive changes to that remedy.

Therefore, no need to study page after page by sitting under the feet of a teacher.

This system is already known to you.

There is nothing that you 'learn' or 'study'.

From time immemorial all of us have been coming across cases with the following descriptions:

Complaints that do not allow us to sleep in the night;

A lady was in bed in a hospital after abdominal surgery for removal of a cyst. Even three days after the surgery, she was

weeping/crying with pain and in the night the pain did not allow her to sleep. (In many post-surgical conditions this is more or less the case).

The two entities here are:

- (a) pain makes the patient weep/cry;
- (b) the pain does not allow her to sleep.

On these very symptoms Bach Remedies are prescribed.

Any disease or wound that make the person weep/cry with pain — the indicated Bach remedy is **Cherry Plum**. This remedy would cure any underlying pathology that makes the person weep/cry with pain.

Any complaint that does not allow the patient to sleep or disturbs his sleep or wakes him up from sleep—the name of the Bach Remedy for this state is **White Chestnut**.

When these two remedies are prescribed they cure the underlying pathology. Therefore the pain stops and also the wound heals quickly and so the patient gets good sleep.

In allopathy, at the most, the doctor may prescribe a painkiller and a sleeping pill. It may stop the pain for a few hours and soon there is a relapse. They have no medicine for quick healing of wounds. They have no remedy for diseases that make the patient weep or cry with pain; or they have no remedy for curing any disease that do not allow the patient to sleep.

Thus, Bach Remedies are prescribed on conditions as we see with our naked eyes and not on the names of diseases.

1. The Bach remedy **White Chestnut** will cure any complaint that disturbs or prevents our sleep.

2. **Cherry Plum** is for any pain that makes the person cry/weep (whatever may be the underlying pathology, call it slow healing of wounds, ulcer, cancer, appendicitis etc.)

Cherry Plum is *not* a painkiller and **White Chestnut** is *not* a sleeping pill.

We do not consider the disease, its name or underlying pathology that are in the interior body but only their outward manifestations for selecting the remedy.

CRAB APPLE: Persons needing this remedy are sensitive to dirt, filth, contamination, contagion, infection, sepsis, ugliness etc. They avoid using toilet in school/cinema theatre and in their friends' houses. There are extreme Crab Apple-type persons who would even wash their hands after shaking hands with others. These persons do not use others' soap, towel etc.

Another type person of this remedy is “sensitive to his external appearance. (before others)” Pimples in the face of teenage college girls, grey hair, baldness etc., are cured by Crab Apple. Those who use wig or use hair-dye, we call them as Crab Apple type persons. (Thus, the body language indicates to us the Bach remedy needed for him).

CHERRY PLUM: ‘Mind giving way’ ‘fear of loss of reason,’ ‘uncontrollable’ anger, unbearable thirst, insatiable appetite, cannot wait for food when hungry. Irresistible temptation.

A diabetic patient of Cherry Plum-type cannot avoid sweets on seeing it when served in dinner parties.

Suicidal disposition:

“Person commits suicide because of unbearable chronic abdominal pain that resisted treatment by the best doctors.”

Cherry Plum, cures the underlying pathology and so the pain is cured completely & permanently.

“Man commits suicide due to poverty.” This also we occasionally read in the dailies.

The Bach Remedy *Cherry Plum* not merely reduces pain but cures the underlying pathology and so the pain stops. Again in the case of suicidal disposition due to poverty, when Cherry Plum is prescribed it enables the victim to automatically find ways and means of earning sufficient money and so the suicidal disposition disappears.

1. Festivals are ordained by God. We do spend huge amount on *Deepavali* (or *Christmas* in the case of Christians). God wants to give us more money and he is incapable of making us spend our savings on festivals. Even if we spend, that should come back to us 3-5 times. But it is not happening in our life. One week before and after big religious festivals (*Deepavali*, *Durga pooja* in North India or *Navrathri* in South etc.) start chewing two pills of the Bach Remedy called *Water Violet*. [You can take before/after food or any other time. No diet restrictions and no do's and don'ts for taking Bach remedies. Just take (chew two pills for a dose)]. The reader must avoid such seemingly intelligent questions as to whether diabetic patients or children can take Bach Remedies. These are WRONG BELIEFS and we don't have such things in Bach Remedies. Taking *Water Violet* (daily one dose, one week before/after festival) enables us to celebrate festivals correctly. This, in turn, brings blessings of God and soon we get back 3-5 times of what we spent on Festivals. Mrs. S (a retired Superintendent in Karnataka State Govt. office, took *Water Violet* one week before/after *Deepavali*. On the second day of *Deepavali* she got lot of phone calls. One person wanted to consult her for Tarot Cards. Another person wanted to learn

Pranic Healing from her and so on and so forth. (Several years prior to this she had learnt all these subjects but did not practise any thing.) Water Violet brought her clients and with this she earned twenty-one thousand rupees in just two weeks. The money she spent on Deepavali was seven thousand.

MEDICLAIM INSURANCE: Before going to a doctor when sick, take a dose of Water Violet. That doctor (if in the habit of ordering various unnecessary tests merely for the sake of getting commission) won't write unnecessary tests. Also, if he charges Rs.200 for each consultation, would, in your case only, (because you had taken Water Violet prior to going him) would ask you to pay what you feel.

If admitted in hospital, during the entire period of stay there, you may start taking Water Violet daily one dose. Also after returning home from hospital. In a week or two, by some source or other, you would get back 2-3 times of what you spent on hospitals, loss of pay etc. etc.

One of the greatest benefits that any one can get from Bach Remedies is the answer we get to the question as to what we ought to do first in life, so that whatever we do may be fruitful, not only for us, but also for the humanity. Also, they should be the best, free from mistakes and welcomed by one and all.

After one attains the age of 20-30 years, the first thing he ought to do is told by Sri Ramakrishna Paramahamsa.

He says that we have come on earth. When you go to a town or city what you need first is a place to stay. First you go there, keep your luggage, take bath and food and then you go round the city to do the work for which you had been there. You don't carry your entire luggage wherever you go.

So also, we have come to earth. First of all we want a place to stay. This is not in the literal sense. What we must first get is not degrees and diplomas but the blessings of God. After this whatever we do would not go wrong; on the other hand, its benefits would go on multiplying.

How to get the blessings of God? From the Bach Remedy *Sweet Chestnut* we get the answer.

We cannot go to the Himalayas and do tapas or meditation for months and years, to invoke the presence of God. Nature always works in short ways.

Those who, at the end of their life on earth, enter *jeeva samadhi*, are known as *avtar purusha* (incarnation of God). They are God in themselves. Even after their entering the *jeeva samadhi*, they are supposed to be living on earth for several years, in a different form—formlessness. *E.g.*, Sathguru Raghavendra Swamigal entered *jeeva samadhi* a few hundred years ago and at that time he said that he would be living on earth for seven hundred years after that.

Go to a place where a person had entered *jeeva samadhi* and stay there for seventy-two hours. Throw away your cell phone and do not make S.T.D. calls daily to your home. Forget everything for the 72 hours of your stay there. Worship and read scriptures. This enables you to get the blessings of God without fail.

After this return home and whatever you do will be better than any other person's work, job etc.

For example, the author stayed in Mantralaya for three days (Mantralaya Rly. Station is exactly half way in Chennai - Bombay train route). After coming back, he could find out wonderful things about Bach Remedies. For example, even the Bach Centre (in Mount Vernon, England; here Dr. Bach lived till

his end of life and here they conduct three years personal course in Bach Remedies) do not know that one single dose of the Rescue Remedy saves the life of victims in medical emergencies arising from traumatic causes-serious accidents, burns and scalds, poisoning and poison-bites, or electric shock (fractures excepted) when life is in danger.

The author of this book is the first person to define the scope and limitations of the Rescue Remedy so exactly and accurately. But those who had done three years study in England do not at all use Rescue Remedy in accidents.

This is possible because I stayed in Mantralaya for 72 hours where Sathguru Raghavendra Swamigal entered jeeva samadhi.

This is Bach Remedies.

If you really want to have some meaning in your living on earth, if only you want to enjoy life in the real sense of the term, you may come forward to learn Bach Flower Remedies of England. Anything and every thing concerning human on life earth is answered by Dr. Bach Remedies and Bach Remedies alone. (Ralph Waldo Emerson's writings in his book ESSAYS excepted.)

What to do, when to do, how to do? To know these, Bach Remedies system will open the door for you. It is for multi-dimensional strategies.

You have so far read the introduction to Bach Remedies. To learn more, you may read our five books on Bach remedies. For this you may send Rs.1,200=00 to Dr. V. Krishnamurthy, Raman House, Old No.21, Kuppiah Street, West Mambalam, Chennai - 33. India. (overseas: US \$ 60=00 or Euro 52=00)

Short Notes on some of the 38 Bach remedies for ready use by the readers. (Please note that we are writing below only after repeated experiences by several students of ours.)

Agrimony: Wherever you have to 'contend', 'argue', 'fight for your right'; or, have to go to court or police to collect your dues or to stop a person harassing you. Also, wherever you have to bargain. Sell your house without paying brokerage and without bargaining, at reasonable market price. Also, to get things done in short-cuts. After any heated argument with any one, start taking this remedy one pill every half-an-hour, total 5-10 doses and by this alone you can realise the value of Bach Remedies; not by merely reading this book. This remedy Agrimony is almost a tonic for lawyers and brokers. Also who take to drinks to suppress their emotions and hide worries.

Those who often cracks jokes should take Agrimony daily 1-2 times for six months and this would make them a multi-millionaire.

Aspen: Vague and unknown fear. Otherwise called "free floating anxiety" in psychology. The fear comes of its own and after remaining for an hour or more, goes off of its own. Also, useful when you have to go to any office for the first time to get a job done Hesitation with strangers. This is almost a specific for shyness, timidity.

Beech: The tip-top man who is over-conscious of order and form—external appearance. The so-called disciplined person. Very strict. Follows rules and laws to the core. This remedy is a tonic *par excellence* for make-up man, architect, design engineer, photographer, ready-made

garment shop owners, judge, compilers of dictionaries and authors of text-books. If you want to renovate your house or re-arrange things in your house/office, take this remedy Beech along with another Bach remedy viz., *Cerato*, daily once for a week or two prior to such re-arrangement/renovation. Beech is for those who often tells proverbs. Such persons would start writing a text-book after taking Beech for 2-6 months.

Centaury: Weakness after acute illness. So-called debilitating diseases—jaundice, typhoid, flu etc. Otherwise called 'convalescent period'.—time required to recoup the lost health and strength. What would otherwise mean 3-5 days to get back lost health after acute illness, with three doses of Centaury taken, every four hours, you can be back to office in just a day's time. Also those who are meek, polite and submissive; becomes willing slaves to others. They are used as door-mats. Cannot dominate others. Unfit to be a manager or in a supervisory cadre.

Cerato: Excellent for children who imitate others' mannerisms—imitating their parents/teachers.

Also for those who often changes their set-ups in office/home. Tonic *par excellence* for the those who are running spare parts shops or departmental stores. Who often changes various branches in their line. Say, a law graduate—works as a lawyer in a court; then starts teaching in a law-college; then starts running or editing a law journal. Does not change his line 'law' but various options available in the law field that he is not able to decide. [Those who change their profession—from law to medicine, from medicine to real estate—these persons need another Bach remedy Wild Oat.]

This remedy is excellent for those who deal with public at large—public relations office, enquiry clerk, vocational

guidance bureau, HRD etc. HRD people and cine actors: all these persons would go to the top in their field if only they start taking this remedy *Cerato* along with *Beech*, *Walnut* and *Chestnutbud*, daily once, for 2-6 months. If you want to get information about anything do not inquire your neighbors and colleagues. Start taking Cerato, thrice daily and in twenty-four hours someone automatically bring that information to you or you come across the right person who would supply that information to you. Keep the words 'Variety', 'Filing system', 'Deptl. stores' 'spare parts shops', 'mimicry', 'PRO', 'encyclopaedia' and you would understand this remedy better. In the case of those who do mimicry or runs spare parts shops or deptl. stores, those quite often changing their line of activity-(working as a lawyer, then teaching in law college, then changing to editing a law journal etc.) if these persons start taking Cerato daily twice for 2-6 months, they would start writing an encyclopaedia of a subject and this would be sold overnight ten thousand copies.

Cherry Plum: Weeping/crying with pain; shedding tears even for slight setbacks. Mind giving way or loss of reason. Anger, short-temper, gnashing their teeth in anger. The so-called emotional types. If these short-tempered people take Cherry Plum, soon they would become No.1 vocalists and soon start earning in thousands for each 2-hour performance on the stage. (Those who have bad-habits, such as nail biting, thumb chewing, smoking, drinking, taking several cups of coffee or tobacco chewing, if these persons take the bach remedy *Walnut* daily thrice, soon they would automatically start learning instrumental music and in six months time would be earning ten times of their earlier job as a bank officer etc.). 'Unbearable.' Keep that word in mind. Unbearable pain, unbearable thirst, cannot wait for food when hungry.

Irresistible temptation. Those who cannot observe fasting or observe diet restrictions.

Chestnutbud: Tell lies to escape. Those who do not learn from their mistakes. Almost a specific for school boys who fail in single subject or those who get single digit marks. If the maidservant is not doing the job properly mix one pill of this remedy Chestnutbud in her coffee that you give her daily and soon she would do the work with full responsibility. Also, if a gold chain is stolen and if you suspect the maid-servant, give Chestnutbut to her in water or coffee/tea and start the topic. If she has stolen she would come out with the truth. No need for third degree treatment in lock ups. If anyone is coming to the court to tell false evidence against you, you take Chestnutbud before going to court. Once he looks at you he cannot give false evidence. He would come out with the truth. If you find any difficult in learning a subject, take Chestnutbud and soon you master it with ease. Also for learning any subject or fine arts, take Chestnutbud daily and you learn without mistakes.

Chicory: Selfishness; possessiveness; always bargaining, asking for concessions, reduction, discount. Before going out for shopping take a dose of this remedy Chicory and you would not buy useless things. Also, the shop-keeper won't dump substandard stuff on your head. Chicory increases your charisma. For going out to collect donations, or bill collectors, or before going out to ask for recommendations or favors, take a dose of this remedy. Excellent for salesman, door-to-door canvassers etc. Chicory is also for those who cannot sleep alone in a house. Homesick. Nostalgia. Cannot go alone for shopping etc. Wants a company. Chicory is almost a specific for those who borrow money at the end of every month. Month-end deficit budget. After taking Chicory,

money won't fall from the roof, but this remedy enables them to write a deptl. exam. to get the next promotion or they start doing a side business or part-time job or get a better new job. That is Bach Remedies! What you reasonable want and deserve, and if you are not getting, the correct Bach Remedies would enable you to get that. It is not He man story or magic. Bach Remedies are Life!

Clematis: The day dreamer. "One day I would be such and such big person..." That day never comes. Those who lose money in buying lottery tickets or share business.

[For solving problems and curing diseases almost instantaneously you may read our book MEDITATION for getting which you may send Rs.120 by money order to Dr. V. Krishnamurthy, Raman House, Old No.21, Kuppiah Street, West Mambalam, Chennai-33.

Crab Apple: Those who are overconscious of filth, dirt, contagion, infection, bacteria etc. Those who often uses dettol to wash their hands or for sweeping the floor of their house. Those who wash their hands even after shaking hands with others. Pimples on the face of teenage girls. THIS REMEDY IS ALMOST A SPECIFIC FOR VARIOUS SKIN AFFECTIONS if the person feels that it makes him ugly before others. Also, foreign body sensations inside their body. Heaviness in head, abdomen etc. To increase the height of short stature persons, if below twenty-five years of age. Sand sensation in eyes. Pricking, stitching sensation inside the body anywhere. Itching of skin. In backache or leg pain, feels to cut off that painful portion and keep it aside.

Elm: For top-executives, Chairman of group companies, Teachers, Coaches, Principals & Headmasters. Those who have several people under their control and to manage them.

School/College teachers. Works Manager, Personnel officers and Sales Managers.

Also when you have to manage a job or work single-handedly without previous experience or knowledge of such things. When there is no one to help you (either moneywise or by giving knowledge) this remedy helps you. Businessman to get more customers. [The Bach remedy Red Chestnut and Pine, as well as Aspen and Impatiens also help you to get more customers or students.] But Elm enables you to get such a customer who would give you lifetime business or. In the case of a doctor he got a patient who paid him such a huge amount which that doctor would otherwise get by treating thousands of patients for 30-40 years. [The Bach remedy *Impatiens* is for junior executive and Elm is for top-executive.]

If you are a teacher, lecturer or professor and if you start taking the three Bach Remedies together (Elm, Chestnutbud and Walnut), soon you not only get Teachers award at all-India level but at International level. Those Principals and correspondents/owners of schools/colleges start taking these remedies their institution would soon become another Oxford or Cambridge. Our poor graduates flee to foreign for a job. But they can achieve international by remaining in India merely and simply after taking for 1-3 months the Bach Remedies Elm, Wild Oat, Larch, Chestnutbud and Walnut, all together daily once, till they become internationally famous by remaining in India. May be for 1 to 6 months. Remember, these remedies won't make you to fetch a better or lucrative job but it would make you another Bill gates or Shakuntala Devi etc. etc.

Gentian: Depression at set backs. You can never see smiling smile on his face. There face would always be like "A" and not "B".



A



B

Gorse: Hopelessness. Already explained on page... To go to Calcutta or Mumbai from Chennai at short notice. Buy an ordinary ticket, get into the reserved compartment and take a dose of Gorse. The T.T.E talks politely and allots you a berth.

If water is not coming in municipal tap or power goes off or telephone dead, take three Bach remedies together viz., *Gorse*, *Chicory* and *Wild Rose* and in twenty minutes time it is restored. Money lost after depositing in finance companies attracted by huge rate of interest. To get jobs done without bribe in govt. office/police stations/court take Gorse + Rock Water + Chicory before going there.

Heather: 'Talking' is the keyword. Whenever you go out to talk with some one and or when someone is coming to you to talk take Heather and you get an information more valuable than the purpose for which you were to meet him. (For group discussions take Elm + Heather. For group discussion among family members take Elm + Heather + Mustard + Aspen). All diseases of mouth, speech difficulties. Excellent for stuttering and stammering. Or children slow in learning to speak. No need for spending thousands in Speech Therapy. Chronic infections.

Rock Rose: By taking a dose or two 1-3 hours before interview/examination, you get easy questions.

Rock Water: If you are sitting in an aircraft that is hijacked in midair, chew one pill of this remedy. Soon the hijacker would release you alone. Of course, whosoever passenger takes this remedy, would be released by him. This remedy makes you temporarily so humane that the inhuman attitude in the mind of the hijacker dilutes away as far as you are concerned.

If your relative/thick friend is inside a hijacked plane, you may take every four hours following four Bach Remedies together:

Red Chestnut (anxiety for dear/near ones)

Rock Rose (Terror/panick/horror)

Sweet Chestnut (We tend to pray God)

Gorse (Hopeless situations, nothing is in our hands; 'what can I do' attitude)

Rock Water

In 8-24 hours your friend is released safely.

Also we have repeatedly verified that when a person is seriously ill in the intensive care unit in a hospital, relatives/friends anxiously waiting outside the theatre are given the four Bach remedies viz., *Red Chestnut*, *Rock Rose*, *Sweet Chestnut*, and *Gorse*, in the next twenty-four hours there is tremendous improvement in the condition of the patient much to the surprise of the attending doctors and the patient is sent to the wards because he is "out of danger."

If any one feels that suffering and loss is his birthright they need not try taking Bach Remedies. God loves us so much. This becomes true only if we start taking Bach Remedies!

Cut short your medicals bills and sufferings by learning Dr. Bach Flower Remedies in our 3-day personal course. For details see page 109

ANCIENT HERBAL REMEDIES OF TAMILNADU

[Dosage for the following remedies: one pill for a dose,
daily once, any time, chewable]

1. ASOON: This remedy cures complaints in the mouth. Makes us fresh and confident.

For ladies who are not happy or prosperous in married life.

Pharynx, liver and stomach ailments.

2. BLUE MOUNT: Gives sexual power, fertility and ability to memorise *mantras* (religious scriptures); Headache. Anger. To make us calm.

3. BLUE STAR: Liquor addiction. Night Blindness. Menstrual disorders. Diseases of heel. Excess heat complaints. Chronic enlargement of liver. Tiredness of mind. Quality of sperm is increased in males. Financial crisis. Frustrations caused by the stupidity of others.

4. BOBBY: Removes anxiety and gives peace. Helps us to give up pettiness and thus makes us great but, at the same time, retaining our tranquility. To get gentle sportive cheerfulness. All types of throat troubles, such as laryngitis, goitre, sore throat, hoarseness etc. Fevers, apoplexy, hysteria, Palpitation, Spasms, Vomiting, Jaundice. Inflamed eyes (Madras Eye) and bowels. Tooth complaints. Painful menses. Whooping cough. Poisoning, sepsis and septic states. Poor appetite. Leprosy. Diseases of blood due to overheat such as boils etc.

5. CHI-SHI: For all kidney diseases, urinary and bladder complaints. Uraemia. Nephritis. Kidney failure.

6. DIANA: To clear the voice; stops bleeding. Cures tumours and night-fevers. Preserves harmony (useful to those who are

doing things haphazardly.) To get courage and confidence. Timidity. Indecision. To get psychic and healing powers.

7. GAYA: Nervous heart troubles. Blood pressure, ulcer, cancer, headache, neuralgia. Regulates the function of the C.N.S. (Central Nervous System). Acts on abdomen; speech disorders; complaints in tongue, eyes, lungs, bowels, nose. Gives protection from black-magic. So-called 'ghost' afflictions.

Chronic one-sided stitching, stabbing pains. Chest pain. Blood vomiting. Dysentery. Jaundice. Swelling. Retention of urine, urinary calculi. Wearing gold ring/ornament and taking this remedy, in most cases of epilepsy there has been no relapse. Fever. Vomiting. Poisoning. Respiratory diseases. Poor appetite. Piles. Chronic enlargement of liver.

Cures stammering, wickedness, thieves, fools and cheaters.

A few cases of headache completely cured even with one single dose of Gaya.

Heart ailments. Throat complaints. Fickle-minded. To remain faithful to life partner and business partner. Governs reasoning. Throat diseases. Nervous debility. Ulcer. For all-round success and achievements in life. Diseases of hands and shoulder joints. Improves memory. Amoebiasis, schizophrenia, hysteria.

For intelligence. For higher studies and research students. Business administration. Opens the channels of multi-intelligence. Gives ability to speak and deliver lectures.

8. GEMINI: Hyperacidity. Burning sensation. Excessive 'heat' complaints. To increase appetite and correct digestion. Helps women during childbirth. To check and suppress inimical forces

(allergy). Gives marital happiness. Makes mental faculties very clear and improves it. Tuberculosis. Defects in taste; constipation. Loss of appetite. Sequelae of fever. Complexion is increased. Acts as a tonic by improving the general health. Stimulant. To increase and regulate pulse and body heat, as in the case of collapse. Wearing gold jewel and taking this remedy removes grief and fear. Abdominal complaints due to chronic enlargement of liver and spleen. Uterus complaints.

Chance to get foreign tour. Boost in service, development of business (take twice a week, morning one pill, evening 2 pills) to remove obstacles in life.

9. GERMANE: Often called for in very chronic diseases and terminating cases. Cancer cases have responded wonderfully to this remedy. Skin diseases, cholera, acne, small-pox, Colic. Diseases of blood due to excess heat. Catarrhal complaints. sour eructation, stiffness of joint that makes the patient sad. Abdominal troubles and pains due to chronic enlargement of liver/spleen. Expectorant and stomachic; appetiser.

10. INDANA: Acts on thick secretions such as pus, mucous, and so is useful in diseases attended with thick secretions, such as weeping eczema, running nose. Vomiting of phlegm etc. Cures facial paralysis, pneumonia, bronchitis, delirium, obsessions, insanity, diabetes, epilepsy. Syphilis. Gonorrhoea. Make child-birth easy. Uterus complaints. To become brave and strong. The remedy for innocent persons. To cultivate goodwill and promote understanding. Eye diseases. Makes the body complexion beautiful. Removes fear, grief and thus strengthens heart. Difficult labor. Epilepsy. To get good character quickly. Dr. Madanagopal, M.B.B.S., D.A., of Palani routinely uses this remedy at the time of labor (childbirth)

11. KOLA: Foretells important events in dream. Good for students, mentally retarded children and businessmen. Feeling of isolation in life.

12. KURUVA: Very good for skin complaints. Epilepsy. Many diseases of heart. Piles. Chronic enlargement of liver and the resultant complaints. *Vayu* or *vatha* troubles; flatulence, dyspepsia, constipation. Stiff joints and pains in general; chillness and coldness. Kapha troubles such as sycotic catarrh. Tuberculosis. Gonorrhoea. Tension. Worry. Hypochondriac. Anxiety. Nervousness. Fretting. Neurosis. Hot tempered persons.

13. MAHARAJ: Good for females as it keeps breast in good shape. (Hence, no need to go in for plastic surgery after forty-five.) To start saving money; useful to those who earn much but spends them all and thus left with no savings.

14. NIGHT QUEEN: Good for memory. Improves the sixth sense. Strengthens psychic faculties.

For getting your desires fulfilled. To reach goal or ambition in life. Litigations. To get success and achievements. To increase our foresight. Gives good luck.

15. OLIGO: When excess heat in the body is to be counteracted this can be used with confidence. Gives good memory and mental peace. Cures insomnia, heart troubles, eye complaints. Tuberculosis, constipation, hysteria. Loss of appetite. Funnel-shaped chest in children.

Fever. Swelling and inflammations. Loss of taste. Emaciation. Eye complaints. Poisons. Febrifuge, expectorant. Fever of tuberculosis and cough. Diarrhoea due to indigestion. Burning sensation. Give with honey for asthma. Poor appetite. Loss of semen.

Adversity. Gives family happiness and glory. Depression of mind. Stomach and chest diseases. Complication of glands. To make ladies beautiful. Difficult conception. Tall talks insanity, cancer, dental complaints. Loss of finance in business, loss of job. Aversion to mother. Pessimism in conjugal life. Blow in love and loss of children. Persons interested to go abroad but face difficulties may take this remedy to avoid malefic circumstance. Acidity. Psychosis (give with *Gaya*.)

Control emotions. To get happiness in married life. Diseases of chest, lungs, heart and stomach. For ladies to achieve desires of their heart.

16. RUPA: This remedy cures ulcer, rheumatism, heart and bone troubles. Idiots and imbeciles have been very well improved by it. To create and maintain friendship. To banish grief. Poison, sadness, sensuality. Prevents nose-bleeding and tooth decay. To become bold and courageous. Leprosy. Epilepsy. Grief. Many *kapha* diseases. ['Kapha' means catarrh, phlegm.] Dullness of mind. Expectorant and tonic. So-called afflictions by ghosts. Fear, unwanted thoughts and worries. Nervous spasm and Cramps. Improves the quality of blood. Vomiting of blood. Increases vitality. *Vatha* complaints. Chest pain, cough, wheezing, asthma.

17. SIASAPHRA: For insanity give with apple juice. Useful to farmers and all those interested in agriculture, horticulture and floriculture to get good harvest. Dissolve ten pills in a bucketful of water and water the plants once or twice a week for better harvest. The farmer also can take orally one dose every week.

To get success in art, music etc. Particularly useful for those talented musicians and artistes who are not getting chance in radio, television, stage etc.

For those in trading, business, art, films, media, commerce, land, building, construction. Flushes out toxins in body and reduces body fat. For those who had taken lot of steroids, cortisone, hormone drugs. Over weight.

Helps in making and keeping friends.

18. SOPHIE: To get courage. Excellent for women with problems and pain in their monthly periods. For peevish and sulky persons

Stops bleeding (haemorrhage).

To protect us from being cheated by others.

Anaemia. Cruelty

19. SOYUZ: The remedy *par excellence* in digestive complaints because of not taking food at regular timings. Dyspepsia; gas trouble. For poorer people to become rich. For prosperity and long life

20. STAR TREK: Inflammatory diseases ('-itis' ailments—stomatitis, appendicitis, colitis etc.). To ensure constancy in friendship and love. Thus, it becomes useful to those who are constantly changing their mistresses; those fickle-minded in love affairs. To get courage. Bone diseases. Bleeding. Weak legs, knees. Rheumatism

21. VICTOR: Miserable; miseries; Pride and over proud persons. To banish evil thoughts by establishing healthy state of the mind. Nervous and mental disorders. Neurosis.

Neuralgia. Sciatica. Diseases of the scalp. Epilepsy. Cerebro-spinal meningitis. Cramps. Kidney and bladder weakness. To cleanse venous blood. Arthritis, rheumatism, gastric ulcers, baldness. Infertility in women.

Combined use of this remedy with *Gaya* cures drunkards and is also very useful for the student community. (Drug addictions). Fever, piles, lung tuberculosis. Appetiser.

22. YASODA: Melancholic nature. Diseases of stomach; liver troubles. Diabetes. (For diabetes give this remedy with *Bobby*). Blind piles. Eczema, Nervous exhaustion. Jaundice. Impotency. Mumps, measles and contagious diseases.

Protects children from evil eyes. Safeguards the teenager during the highly emotional period, such as falling in love with a worthless man.

Diseases of blood due to over-heat, such as boils etc. Bad effects of fever. (Sequelae of fever). Thirst, inflammation, fever, cough, loss of taste. Poor quality of sperm/semen. Roughness in tongue. Eye diseases. Increases the “complexion.” Expectorant. Give with ghee for cough, wheezing, asthma, tuberculosis, leucorrhoea. Painful and difficult urination.

23. SUBHA: In situations where you tend to lose hope, this remedy is greatly useful.

For example, by travelling from Chennai to Mumbai or Calcutta in long-distance trains, you cannot get a berth on the date of journey. You should have reserved thirty days in advance.

But readers of former editions of this book would buy an ordinary ticket on the date of journey and get into the reserved compartment and take a dose of this remedy *Subha*. When the ticket examiner comes, he talks politely and allots a berth.

The reader must carefully note here that we are not stating that anyone taking a dose of this remedy can travel in reserved compartment without paying for the ticket.

You had bought a ticket and also are ready to pay for berth charges. What is happening to others, if not happening to you, then *Subha* would help.

In Tamil Nadu, for the post of bus conductor in government transport corporation, each candidate has to pay ten thousand rupees as bribe. In the year 2000 near Villupuram about three hundred persons were to be selected, all of whom were having ten thousand rupees in their pockets. Mr. Raghavan was one among them. Prior to going there, he took a dose of this remedy *Subha*. The person conducting the interview readily selected him and gave the appointment letter without taking any bribe. Raghavan was the only candidate who got appointment without paying ten thousands.

Mr. Ramnath went to C.G.H.S. Hospital for regular check-up of his pregnant wife. He took a dose of this remedy *Subha* before going to the hospital. There were ten patients already waiting. But, on looking at Mr. Ramnath and his wife, the doctor called them to his consultation room (over-looking patients in the queue), made a thorough examination, (instead of his usual 2-3 minute indifferent examination) and when they came out with the prescription, the pharmacist (who would otherwise behave indifferently) rather invited them, talked politely and gave all the prescribed medicines; two medicines were not available; on former occasions he would have sent them away to come the next day for collecting the unavailable medicines. But this time he rushed to the stores, brought those two medicines and gave them.

With *Subha*, you get royal treatment wherever you go. It is not royal treatment as such. In India, if you get what you deserve, that itself means that you are a lucky person and so is equal to royal treatment.

If you are not getting what is due to you, then take a dose of this remedy and you get it. (Take a dose means just put two pills into your mouth and chew them.)

Last date over for getting an application or submitting one? Next day morning, take a dose of *Subha* and go to the place and your application is accepted.

When you go to seek some favor or help from anyone (particularly from big bosses), take this just one dose, one hour or so prior to meeting him. (In between do not take any other remedy.) Your request is sanctioned in full and on priority basis. Most useful for sales representatives, those going out to collect donations, bill arrears etc. *Subha* is excellent for written off cases and hopeless states.

Dr. Rama, went out to collect donation to the tune of fifty thousand rupees. She took one dose of this remedy *Subha* (1 pill = 1 dose) every time she went out for collection. She could collect one lakh rupees as against her plan of fifty thousand.

Mrs. Rajan went to get attestation of a minister on a loan application form. Prior to this, she took one dose of this remedy *Subha*. She was the fifteenth person in the queue. The minister looked at her and asked what she had come for. She said it was for getting his attestation. The minister remarked, “For this, why should you wait for such a long time? Bring it to me.” So he signed and sent her away.

For insufficient water supply from the municipal/corporation pipes, the same remedy *Subha*; one or two doses (every few hours) does the trick.

[Dosage for all remedies, irrespective of age, is two pills, chewable, taken any time, not necessarily before/after food]

All of our medicines have no diet or other restrictions. These have no expiry date.

Hopeless conditions or ‘written off’ debts or closed files! Attracted by huge rate of interest, many citizens in Madras city deposited their lifetime earnings in finance companies. One fine morning, all these companies disappeared disappointing the depositors. Those who took **Subha** on alternate days (one dose at about 10 a.m. and another dose at 5 p.m.) got back equivalent amount in 2-5 months time through some source or other.

‘Written off debts’ is another use of this remedy.

Mr. Srinivasan, postal clerk, deposited several years ago ten thousand rupees in Vummidiars, the very first fellow who started cheating depositors in Madras. As on date, the maturity value of that deposit (at 18% interest per annum) would be Rs.70,000/-. Mr. Srinivasan and his wife started taking **Subha** on alternate days for a month. The lady was a heart patient waiting for open heart surgery that costs Rs.75,000. They withdrew all the money from their savings etc. and were to go the next day to the hospital for paying the amount. (By now they have started taking **Subha**). That evening a colleague of Mr. Srinivasan came and on hearing the surgery said that as a retired central govt. servant if he pays a mere Rs.2,000 per annum to Central Govt. Health Scheme office, the government would reimburse all his medical expenses. Next morning he did it and thus was able to save Rs.75,000. Again, his son (who was working in Muscat) came home and gave a draft for Rs.75,000. Such a huge amount he had never paid before to his parents.

The remedy for situations where you have completely lost hope. It is only by using these remedies that you learn about them. No amount of mere reading would do.

Many seemingly intelligent readers retort: Suppose every traveller with an unreserved ticket takes a dose of *Subha*.

Well, in that case, *Subha* would make the top railway authorities come to their senses; instead of sitting in their office idly, they will arrange for more compartments, more trains and more tracks. After all we are not asking for train travel free of cost. Everyone is ready to pay. Why not more tracks and more trains? That would also solve unemployment problem!

Mr. Natarajan, 21, Kuppiah Street, Madras-33, reports: 'In summer we usually face water scarcity and have to buy water from tanker lorry to make up the shortage, because the supply through metro water pipes drops to almost nil. I approached the water supply department, all in vain. I lost hope and decided to buy water from tanker lorry this summer also. I heard about *computer age remedies* and took a dose of *Subha*. That evening some men from water supply department came, did repairs in the pipeline and from the next day we started getting full water supply and our overhead tanks started overflowing daily. Thanks to computer age remedies!'

By taking *Subha*, you cannot, of course, make your overhead water tank full even without pipeline connection from metro water department.

What we want to say is, it is your right to get water from city corporation because you are paying water tax.

Subha won't make you lift mountains with one hand, but, where you are eligible for a thing and you are not getting it (while others enjoy it) *Subha* comes to your help.

We do not write here that by merely taking *Subha* you can travel in a reserved train compartment even without paying for a ticket. We hope the readers would take in true spirit what we write here.

Dr. G. R. Naidu, House No.123, Mayuri Estate, Naga Chetty Kuppa, Hubli-580 023 (Phone: 0836-256392) reports:

“I used to travel quite often from Hubli to Sirsi and other distant places by bus. In bus journey, window seat is a must for me; without the wind blowing on my face through the window, I feel suffocated inside the crowded bus. Once I got into a bus; it was already full and so I had to stand. Being summer, I felt thirsty; normally I drink more water (half-a-bottle at a time.) That day I forgot to carry my water bottle. I noticed a person sitting in the window seat with a bottle of water. I thought of asking for water, but no one would allow you to drink the entire quantity. Again, no one would offer a window seat for a standing passenger, as otherwise, the former will have to stand. No hope! Then I remembered your *computer age remedies* and decided to try out *Subha* on me. I took two pills and started chewing it. Two minutes later, I asked him if he could give me some water. Upon this, handing over the bottle to me, he said that he never drinks water during bus journey and that I can drink the entire bottle. He also got up, asked me to sit in his seat, and he walked to the front seat, stood there and started talking with a person there (may be a friend of his). He did not return to demand seat till the bus reached the destination. Thanks to Subha!”

Mr. Sthalasayanam writes: ‘I went to a village and was to return the same night. After finishing the work, I came to bus stand; it was 10.30 p.m. and I was told that the last bus had gone. Only next morning there was a bus. I thought I couldnot return that night (loss of hope). I took a dose of *Subha* and waited in the bus stand. Ten minutes later, a bus came and I returned home. Later I came to know that due to road block on the high way that bus was redirected thru’ that village that night.’”

You have paid a loan on interest to a friend or colleague. Later, you come to know that he has cheated many persons like this. He has never repaid even a single person. After

approaching him several times you write it off as bad debts. Loss of hope. Take a dose of *Subha* on alternate days and soon you will get the money (even without taking any steps) from the same person or from a different source, in some way or other.

On reaching cinema theatre you find ‘House Full’ board. Take a dose of *Subha*. It works and somehow you get a ticket.

Money deposited by you in a finance company or lent to a friend is yours and you have the right to get it back whenever you want. If the company declares bankruptcy, or your friend (to whom you have lent money) gives insolvency petition, *Subha* helps you to get back your money.

From the foregoing, the reader can infer that *Subha* becomes an excellent remedy in cases of so-called incurable disease, e.g., cancer, *AIDS* etc. where the affected person believes in the teachings of allopathy that there is no cure for him.

Also, in asthma, skin complaints and any other disease where the patient (after having tried various medical systems and doctors) concludes that his disease is not curable with medicines, *Subha* would either by itself cure him or direct his mind to the correct source by which he will get cured.

24. BOSS: In whatever field or profession you may be, if you have a minimum of three or more subordinates or servants under you, this remedy makes you a Boss enabling you to earn more money as well as commanding more respect among your juniors and status in the community. Take a dose (2 pills) at 10 a.m. (or at the time of starting work at your office) on alternate days. Also give the remedy *Chela* on alternate days to your subordinates so that they may become three times efficient in their work.

This remedy *Boss* is almost a tonic for Factory/Works Managers, Managing Directors, Chairmen and Owners of group companies, Headmasters, departmental heads, section heads, Principals and Vice Chancellors.

As Boss of a school/institute/organization you have to bring out the best in each student/worker under you. The remedy *Boss* enables you to do that exactly.

A certain school headmaster in Punjab took this remedy (on alternate days at about 10 a.m.) for a month. After this, he started conducting a one-week part-time course for students (studying in his school between 10th and 12th standard) and all those students started earning more than seven thousands per month after they left the school.

The owner of a factory having seventy workers under him started taking this remedy *Boss*. This enabled him to allocate suitable work for each worker. Soon the profit increased by more than three times and so he could give better pay to his workers.

Useful for physical education teachers, coach training a group of players etc.

The best tonic for ministers, political leaders, police commissioners, superintendents of police, etc. having more than 50-100 staff under them. Military officers, Majors, Lieutenant Colonels etc. can confidently take this remedy on alternate days.

Any one in any field having more persons under their control need *Boss*.

25. SWAPNA: Power goes off in the house, particularly in hot summer night, making you sweat profusely or mosquito bites you, or your phone line is out of order. All members in the family may take a dose and soon power connection is restored.

26. DADHA: A local rowdy is unnecessarily harassing you and he has support of the ruling political party; so your complaint to the police goes to the waste paper basket only. Or, say, you have to meet a M.L.A. or M.P. or Minister who will do you favour only by huge amount of bribe. Take a dose of *Dadha* (one to three doses every four hours) prior to meeting him. He would prostrate before you and do the job humbly (without bribe).

By your taking *Dadha* on yourself, you cannot make *all* persons to talk to you humbly and politely; we have voted M.L.A., M.P. and Ministers to power by casting our vote. Therefore, they are our servants. A servant has to talk politely, meekly and humbly. We are entitled for this.

People in uniform. Whether a judge, magistrate, or peon in a government office; police station, army personnel. Before going to meet them, take a dose of this remedy *Dadha* and they won't bark at you. For example, when you appear in a court and even without your smiling, the bench clerk would spurt out: "Why do you laugh?" Immediately the judge would impose a fine of fifty rupees on you, for no fault of yours.

By your taking *Dadha*, their arrogance disappears. Remember, persons in authority/uniform, government officials; or, you are going to file your sales tax return or claim refund etc. Or, you are attending an adjudication proceedings, departmental inquiry etc.

Naxalites, extremists, Kashmir liberation groups, L.T.T.E.'s etc. can be silenced if you take this remedy before meeting them.

On hearing the news that a group of naxalites is entering their village, many persons took a dose of *Dadha*. When the

naxalites entered, they did not shoot anybody and went away silently after saluting the villagers.

Dadha is excellent for managing the unmanageable/uncontrollable. A wife is unable to control the haughty and arrogant drunkard husband. She may take *Dadha*. The only son of a poor father, resigned his job and started telling, ‘Why should I go to work? My father is earning. I shall enjoy.’

If somebody behaves irrationally/arrogantly and you are not able to stop him, you may take *Dadha* on alternate days.

We have voted MLAs, MPs and Ministers to power. Therefore, they should be at our mercy; but in our country, we find the contrary. These Remedies make things happen orderly.

If a mother-in-law or sister-in-law is harassing a newly married lady and if the affected lady takes a dose of *Dadha* daily, it would make her in-laws behave properly.

27. BAGHYA: In spite of wealth and power, one is not happy because he is suffering from a disease which no doctor could cure; or, his daughter is insane who could not be cured even by foreign doctors or epileptic son who is declared incurable. Take this remedy thrice a week till things settle down satisfactorily. You may have to take for months.

This remedy *Baghya* is more useful when there is a chronic patient in the family of a medical practitioner, though the latter had been successful in curing similar cases.

If parents are not able to find a suitable boy for their aged daughter, let them take this remedy morning/evening and in a month or so, the family of a prospective boy knocks at their door asking for the girl in marriage, that too without dowry.

Whenever parents decide to find a boy for their daughter, both the parents (or the guardian) should start taking this remedy twice a day (say at 10 a.m. and 5 p.m.).

Marriages are made in heaven. This remedy *Baghya* switches off our mind in respect of finding a boy so that heaven can have a free play through our body.

If marriage is made in heaven, then, won't God be present on the date, time and place of wedding? When God is there, everyone present on the occasion, get a *darshan* (glimpse or view) or close proximity of God. So, very soon, income of the couple, their parents/relatives (whosoever has attended the wedding) multiplies more than treble. But, in reality this never happens in our lives. The reason is man (the father of the boy/girl) selects and decides the life-mate. Man saves money and spends it for the wedding celebration. Looking at these, God tells himself, 'I have to do all these; but this man is doing them; so, I have to go away from here' and so is absent. It would not be out of place to mention that in the wedding function of Saint Gnanasambandar, in addition to the Saint, his newly married wife, their parents and all those who attended the function, felt the presence of God the Almighty and all of them attained 'mukthi' (salvation).

If the parents of the couple take *Baghya* twice daily (and also five times daily on the date of wedding) this invokes the presence of God.

Again, before starting to look for a boy, if the girl's parents start taking this remedy twice daily it helps in many ways:

- (a) Unsuitable boys are kept away. (We do occasionally read in the dailies that a certain boy, claiming to be working in gulf with a big salary, marries a girl, and in a day or two disappears with the girl's jewels. Enquiry

reveals that the fellow had cheated many girls like this.) If parents take the remedy *Baghya*, it keeps unscrupulous boys away; also boys unsuitable for married life.

- (b) The parents get such a suitable boy who is earning more, well behaved and with good habits and manners.
- (c) If the girl's father is not able to bear all the wedding expenses, the boy and his father would readily offer a hand to give funds from their pocket.
- (d) The income of the couple, their parents, and friends/relatives present at the venue of wedding soon multiplies more than three-fold. Marriage is a thing for pleasure and not pain.

29. DHOODH:

If you are searching for anything that you might have misplaced, take a dose of this remedy and soon you are able to find it. When a technical person is required to do a job and if you are not getting a suitable person, take this remedy 2-3 times daily; soon the right person knocks your door or you come across him.

The factory machine in Mr. Raghuram's office went out of order; local mechanics tried in vain. He took this remedy *Dhoodh*, thrice daily. Next day, his neighbour suggested a mechanic who was called for and he completed the job.

Mr. Shyam bought a new computer, but could not learn the uses of various keys and commands; though he consulted some persons well versed with computer, they could not clear his doubts. He then took *Dhoodh*; the very next day his relative happened to pay a courtesy visit. He knew computer and cleared all the doubts of Mr. Shyam.

Whether it is building a house or repairing an electric line or deepening a well, we employ a technical person. If you are not able to spot the right person chew two pills of *Dhoodh* every eight hours and soon you will get the right person at a reasonable rate.

To get a good and decent tenant for your house that you want to let out, take *Dhoodh* daily twice.

To get quick solution for any problem in life;(take two pills every four hours or at shorter intervals till a solution clicks in your mind).

30. GURU: When you want to master a subject and/or become an expert in your field, you need the best teacher/guide in the subject who should also be compatible with you. Taken on Sundays, Tuesdays and Thursdays only, *Guru* enables you to come across the right teacher or a guide book in due course; in 3-6 months time you become No.1 in your field earning ten times of what you had been earning and also gain more respect in society.

Those who are already in a profession, wanting to come to the top, may take this remedy.

31. GEETHA: Excellent for musicians (both vocal and instrumental), painters, actors and dancers. Take thrice a week (say Sundays, Tuesdays & Thursdays, these days being good for taking medicines) morning and evening, two pills. This helps artistes to go to the top in their profession in a year's time.

32. HEIGHT pills: For those below twenty-five years of age who are anxious to increase height, take this daily once, 2 pills for 2-3 months or more.

33. PAIN pills: Not to be taken daily. Just chew two pills only when you get pain anywhere in the body; if the first dose gives

relief and if further relief is needed take one or two more doses at 15-30 minutes interval. Take only when you have pain.

34. CONVERSATION pills: This is one of the most praised remedies by most of our readers and they claim that it is a gift to humanity.

Method of taking: Whenever you go out to meet someone or whenever someone comes to you for talking or discussing about anything, take 1-2 doses (15-60 minute interval) prior to meeting him. You get more information than what you intended. The other person has a message to give you that is more valuable than what you intended to get from him.

More servants wait on man than he will take notice of.
(See *Essays* by Ralph Waldo Emerson)

Before you start talking/discussing with any one for more than 10-30 minutes, just take a dose of this remedy.

35. EXECUTIVE pills: The tonic *par excellence* for junior and senior business Executives. Take on Sundays, Tuesdays & Thursdays, (just 2 pills at 10 a.m.). This takes you to the top in just a year. This is the largest sold Remedy among business class people.

Many an executive has gone to the top after 3-6 months of taking this remedy.

36. SURABHA: The author of Oxford dictionary is not even a graduate; nor matric. He discontinued his studies at the ninth standard and at his fifteenth year of age started compiling his Oxford dictionary, which is No.1 among dictionaries and the largest sold, that too in different editions, till date. It is being followed as authority even by post-graduate and doctorate students as well as in judicial courts even at the present day.

Mandolin Srinivasan started giving stage concerts from the age of ten and at such an early age, his cassettes started selling and he has been receiving very good income.

Shakuntala Devi has studied up to matriculation only but she challenged the latest computer in Benz car manufacturing company in Germany, did a complicated calculation faster than the computer and was presented by that company with a Benz car worth several lakhs.

Many such experts who became proficient in a unique field at their 15-20's (even without a graduation) can be quoted from history.

What about you? And, if you are already old, what about your sons/daughters?

Do you want them to study physics/chemistry, then post-graduation and then study in a computer institute for another five years, and then run from pillar to post with application form for a job, to end up as a mere bank officer, or chartered accountant or a software engineer, daily working for eight hours, to earn a few thousand rupees at the month-end?

Or, would you like your sons and daughters to be No.1 in a unique field, like a Shakuntala Devi or Oxford or Mandolin Shrinivas?

None of these personalities were genius. To say so, would only mean escapism. These persons were not genius, but they simply and merely allowed the unique *i. c.* (integrated circuit) unit in them given by nature (otherwise called unique personality) to play its role. In other words, they did not permit themselves to be a slave of tradition by studying B.A., M.Sc. etc. to end up as a mere engineer/lawyer/bank officer or a school teacher or lecturer.

If yourself and your children are to be freed from the undesirable effects of descent, then here is the ancient herbal remedy called *Surabha*, hitherto kept as a secret by Maharajas of ancient India.

All members in the family may take 2-3 times a week, just one dose of two pills (chewable) any time, not necessarily before/after food. No diet restrictions and can be taken while you are on other drugs/treatment.

No two individuals are alike, nor their thumb impression. ‘Every man is sent on earth for a *particular* purpose’ (so advises the Holy Bible.) “If you do *your* duty, I shall take care of all your needs” (promises Lord Krishna in *Bhagavat Gita*.)

Shakuntala Devi did ‘her’ *duty i.e.*, doing mathematical calculations without pen/paper and faster than a computer. It was the one particular purpose for which she was sent on earth.

So also, Mother Theresa’s particular purpose on earth or *her* duty was ‘caring for orphans.’ That is why whenever she wanted to go anywhere, transport, air-ticket etc. were arranged by others automatically.

Mahatma Gandhi became popular and everyone (even engineers, lawyers, politicians etc.) waited at his feet because he was doing *his* work called ‘ahimsa’ (non-violence.) Though he was a *barrister-at-law*, this educational qualification did not bring him name/fame. He used to drink goat’s milk only; whenever he visited a town/village, the residents in advance would buy the best variety goat, feed it with nutritious food like *badham* (almond) etc. so that they may be able to give tastiest milk during Gandhiji’s visit to their town.

What about you? When you visit a new town and ask for cow’s milk they may supply you powder milk under the label of cow’s milk.

More servants waited on *Shakuntala Devi*, *Mandolin Shriniwas*, Oxford, Gandhi, and Mother *Theresa*. What about you? If not you (because you are too old), what about your children?

Don't you like to see that more people (even qualified and those in high positions) wait like servants under the feet of your son? Or, do you want your children merely to be servants for somebody, working merely as a lecturer or accounts officer or software engineer without their name finding a place in history?

Taken regularly (twice a week) the ancient herbal remedy *Surabha* enables each one to know, find and follow their unique mission on earth; soon, our names too would find a place in history.

Surabha, is an ancient herb, kept secret (and taken by members of ancient Maharaja's or monarch's family alone) now being revealed to the public.

37. RESCUE REMEDY: Its uses in medical emergencies arising from traumatic causes (serious accidents, burns and scalds, venomous and other poison-bites, extensive burns that threaten life of the victim) are *par excellence*.

Surgery too is trauma. Dr. Mathanagopal, M.B.B.S., D.A., Anaesthetist, working in Government Hospital, Palani, Tamil Nadu, who has been trained in the use of Bach Remedies, reports:

Rescue Remedy when given in single dose, half-an-hour before major surgical operations, reduces 150 to 200ml of blood loss during surgery; it also prevents most of the post-operative conditions—oedema, pain, temperature etc. and the wound heals rapidly; therefore, less medication is needed in post-operative condition. Many anaesthetists, surgeons and obstetricians are using this *Rescue Remedy*.

Apart from surgery, *Rescue Remedy* acts almost like a panacea in medical emergencies arising from trauma. Within an hour after major accidents with profuse bleeding, burns and scalds, electric shock or snake/scorpion sting, a dose of the remedy:

(a) stops profuse bleeding in less than two minutes, however long or deep the cut may be, that too without putting up a bandage;

(b) reduces pain and burning sensation in serious burns & scalds and also prevents the after-effects, a thing not heard so far in medicine;

(c) antidotes scorpion, snake and other poisons.

In trauma cases when life is in danger, with one single dose of *Rescue Remedy*, in most cases, the victim recovers so speedily that he is back to work in twenty-four hours (excepting, of course, fractures.)

After open-heart surgery, the patient is kept in the intensive care unit for four or five days and then sent to wards. But when *Rescue Remedy* is given before surgery, the patient recovers so speedily from surgical shock, that weakness etc. disappears in just two days that he is sent to the ward on the third day itself.

Sr. Clare, I.C.M., a Christian missionary sister working in St. Joseph's Hospital, Dindigul, was once travelling from Chennai to Dindigul in a crowded omni bus. On the highways it met with an accident and fell sideways in a pit. Most of the passengers got hurt (thank God, no one had fracture) and soon it was a scene of screams and cries with profuse bleeding. The driver was seriously hit on the head with blood pouring out freely from his head and fainted. Sr. Clare took a tiny phial

containing pills of *Rescue Remedy* from her hand-bag and started putting two pills into the mouth of all those who got injured. She put two pills into the mouth of the driver also. Soon, all the screaming and weeping stopped as the pain was completely reduced with one single dose of *Rescue Remedy*. Most of them got down from the bus, pushed it to the centre of the road and continued their journey. What would otherwise mean hospitalisation, police inquiry etc. etc. was silenced in fifteen minutes time.

The surprising effects of *Rescue Remedy* may be unbelievable to the newcomer. In cases of serious road accidents (excepting fractures) when a dose of two pills of *Rescue Remedy* is put into the mouth of the victim, bleeding, if any, stops almost instantaneously, however long or deep the cut may be and that too without any need for putting up a bandage. (Later, you may send the patient to a doctor or Nursing home for suturing the open wound). If patient is unconscious with pulse and breathing almost absent, everything is restored (excepting fractures), and in minutes, the victim walks home as if nothing had happened.

In the case of scorpion sting or snakebite, the poison is neutralised with one single dose of *Rescue Remedy*, given orally. In extensive burns, the burning pain is reduced to minimum and next morning completely healed without any scar and the patient can take bath next morning.

It will not be out of place to mention here that if the victim of burns is taken to hospital even immediately after extensive burns and scalds, there is no treatment to reduce pain or make the wound heal in twenty-four hours that too without any scar. But *Rescue Remedy* does that!

The price is uniform to all the remedies at Sl. No. 1 to 39 (price: each remedy 5 ml pack of 150 pills is Rs.120) Dosage for all the remedies is one pills (chewable), taken any time. One complete set of the abovesaid 39 remedies, can be had by post by sending Rs.4800=00 to Dr. Krishnamurthy, Raman House, Old No.21 Kuppiah Street, West Mambalam, Chennai-33.

Reports from readers of former editions of this book:

Dr. V. Muthukumar, M.B.B.S., during his internship in the Madras Medical College found that a classmate of him was afraid of approaching his professor for some favours; the remedy Sophie was given twice a day. In a week's time he approached not only the particular professor he wanted to meet but also another professor (who was said to be an unapproachable person for favours) and got done what all he wanted.

Dr. Arul Selvam, Aristo Complex, 24 Singarathope, Trichy, writes that on seeing both of his children having developed conjunctivitis (which is known as epidemic Madras Eye) prescribed Indana three doses and it cured them completely in a day.

Mr. A.S. Raghvan, 146 Deivanayagi Nagar, Ganapathy, Coimbatore reports that on prescribing yasoda and Bobby together, a diabetes patient got great relief.

Dr. M.S. Dhaliwal, Homeopath of Malerkotla 148 023, is regularly prescribing these Remedies to his patients. So also Dr. J.M. Kadadi, M.B.B.S., 147 Railway Lines, Solapur.

Sr. Amalavathy, St. Xavier's Convent, Sriviliputhur 626 125, reports that she came across a boy with the symptoms of what is called as "affliction" by so-called ghost (rage, jumping etc.) She gave a few doses of Gaya and the boy was cured.

For acute colds and coryza Mrs. Rajeswari reports that Rupa is effective. About 5-7 doses every five minutes give the desired result. For toothache, Bobby every five minutes three doses cures.

Dr. S. Ramasamy, (working as Accounts Officer in the Indian Airlines) Residing at 12/1, 13th St., Nanganallur, Madras, reports that a case of loss of voice was brought to him. This patient got drowned while sea-bathing and this resulted in loss of voice. They tried allopathy specialists by spending several thousands of rupees in vain. Dr. Ramasamy gave Diana to clear the voice, three doses a day. In two days the voice was restored.

Dr. B. Srider, M. Phil., 1-92-DI-E5, First Road Extn., Anantapur, Andhra Pradesh, is using mostly these remedies for his patients.

Dr. Elango, 100/5, Noornaya Iyer Street, Kallavi-635 304 and Dr. A.K. Suri, NMDC Ltd., Arki 173 208, are among the fifty thousand practitioners using these remedies with great success and good results.

Sr. Josephine Koola, Holy Cross Convent, Velayuthapuram, Goodalur 627 760, and Sr. Irene D'Souza of St. Mary's Convent, Duldula of Raigarh District in M.P. are but some of the thousands of Christian Missionary Sisters who are successfully using these remedies.

Dr. Meenakshi, M.B.B.S., 9, North Narasimhapuram, Karur 639 001, and Dr. R. Datta Chowdhury, M.D., Tool Road, Hailakandi, Assam, are a few of the thousands of allopaths using these remedies with success.

Dr. V. K. Menon, Homeopath, Santhinagar, Trikumaramkudam, Trichur 628 003, writes on 25.11.93 as under:

"*Yasoda*, when given to an eighty year old lady for chronic constipation, was very effective than any other medicine so far used. *Gaya* was effective for influenza but *Bobby* was found better for influenza with sore throat. *Germane* was effective in all kinds of pain."

Sri A. Krishna, Deputy Executive Engineer (Housing), A.P. Housing Board, Sun-Division, ADONI in Andhra Pradesh who is practising these remedies on philanthropic basis, reports in his letter dated 4.2.1994.

"After using the remedies mentioned in your valuable book, I cannot express in words about your greatness..."

1. Asthma cured with *Oligo*. My daughter, eight years of age, has been suffering for the last three years is cured with *Oligo*.
2. Wife of my boss had been suffering from toothache for the last four years and is cured with *Bobby* Remedy: six to seven teeth became loose. Dentist advised removal of the same. Many remedies including homeo failed to cure. Due to this, the patient was having continuous headache. Teeth became very strong like cement after she took *Bobby*. It is a great surprise.
3. Our Works Inspector Sri Venugopal Reddy who had no children for the last ten years started using your Herbal Pyramid. His wife became pregnant and both are happy.
4. A boy named Arun, age 18 years, asthma patient, using your Herbal Pyramid got cured. The colour of the boy (complexion) from very black changed to bright apple colour.

Thank you for the pioneering work."

INDEX TO REMEDIES ON PAGE 41 to 63

MIND (See *also* GENERALITIES)

ADDICTION to liquors : *Blue Star, (Victor and Gaya together)*;

to tobacco, drugs, heroine, brown-sugar, coffee, tea etc.
(all addictions): *Victor and Gaya both together.*

AMOROUS: *Apollo*

ANXIETY: *Bobby*

BOLD and courageous, to become: *Rupa*

BRAVE and strong, to become: *Indana*

BUSINESS people, remedy for : *Kola*

CHARACTER, to make one's character good: *Indana*

CHEERY, to become: *Star Trek*

CONFIDENT and fresh to become: *Asoon*

COURAGE, to get: *Sophie, Star Trek, Oligo*

DULLNESS of mind: *Rupa*

DELIRIUM: *Indana*

FACULTIES : See MENTAL FACULTIES

FEAR: *Gemini, Indana, Rupa, Sophie*

FRESH and confident, to become : *Asoon*

GRIEF: *Gemini, Indana, Rupa*

IDIOTS and imbeciles, medicine for: *Rupa*

HYSTERIA: *Bobby, Oligo*

HARMONY, to preserve: (for really efficient persons who
do things in a haphazard manner) *Diana*

INNOCENT, remedy for the: *Indana*

INSANITY : *Indana, Siasaphra (with apple juice), Gaya*

ISOLATION in life, feeling of: *Kola*

KNOWLEDGE, to get good: *Blue Star, Bobby*
and WISDOM, to increase: *Germane*

LOVE and friendship, to be constant in (for those fickle-minded who frequently change their lovers, mistress etc.):
Star Trek

MARRIED, to bring harmony and affection between husband and wife (good for couples both of whom are inimical or antagonistic to each other, but have to live together):
Asoon

MEMORISE, to memorise mantras (scriptures): *Blue Mount*

MEMORY, to become good: *Oligo, Night Queen*

MENTAL faculties, to make very clear and improve: *Gemini*
and nervous disorders: *Victor*

MENTALLY retarded: *Kola*

MISERABLE, miseries: *Victor*

OBSESSIONS: *Indiana*

PEACE of mind, to get: *Oligo*

POSITIVE, to acquire positive force with power of integration: *Gaya*

PROUD, overproud: *Victor*

PSYCHIC faculties, to strengthen: *Night Queen*

SADNESS : *Rupa*

SECURITY in life, to strengthen: *Bobby*

SIXTH sense, to increase: *Night Queen*

SENSUALITY : *Rupa*

STUDENTS and businessmen, medicine good for: *Kola*

TEENAGERS, to safeguard during emotional period (for the teenager who mistakes infatuation for love): *Yasoda*

THOUGHTS, evil, to banish: *Victor*

Unwanted : *Rupa*

TIREDNESS of mind: *Blue Star*

WISDOM, to get; *Bobby*

And KNOWLEDGE, to increase: *Germane*

WORRIES: *Rupa*

HEAD AND BRAIN

APOPLEXY: *Bobby*

BRAIN, to strengthen : *Gaya, Blue Star*

BALDNESS : *Victor*

CEREBROSPINAL meningitis: *Victor*

HEAD, to strengthen: *Gaya*

HEADACHE: *Gaya*

SCALP diseases: *Victor*

FACE, MOUTH, TEETH, TONGUE, SPEECH

ACNE : *Germane*

FACIAL paralysis: *Indana*

MOUTH diseases: *Asoon*

SPEECH disorders: *Gaya*

TOOTH complaints: *Bobby*

decay, to prevent; *Rupa*

TONGUE complaints : *Gaya*

roughness of : *Yasoda*

EYE

Eye troubles : *Gaya, Oligo, Indana, Yasoda*

inflamed: *Gaya*

NIGHT-blindness: *Gaya, Blue Star*

NOSE

NOSE troubles : *Gaya*

bleeding, to prevent: *Rupa*

NOSE, running (coryza): *Indana*

THROAT, CHEST, LUNGS

ASTHMA: *Oligo, Rupa, Yasoda*

BRONCHITIS: *Indana*

CHEST, pain: *Gaya, Rupa*

COUGH: *Oligo, Rupa, Yasoda*

EXPECTORANT: *Oligo, Rupa, Yasoda* and stomachic;
Germane

HOARSENESS: *Bobby, Diana*

LUNG, complaints in: *Gaya*
tuberculosis ; Victor

PALPITATION: *Bobby*

RESPIRATORY disease: *Gaya*

THROAT complaints (laryngitis, goitre, sore throat etc.) :
Bobby

mucous in: *Oligo*

VOICE, to clear: *Diana*

VOMITING of phlegm: *Indana*
blood: *Gaya, Rupa, Yasoda*

WHEEZING: *Rupa, Yasoda*

WHOOPING cough: *Bobby*

HEART, BLOOD & CIRCULATION

BLOOD, to improve the quality: *Rupa* (Useful in anaemia,
septicaemia, blood poisoning, infection etc.)

BLOOD pressure : *Gaya*

BLOOD diseases due to overheat: *Bobby, Germane, Yasoda*

HEART troubles: *Oligo, Rupa, Kuruva, Indana* to remove fear and grief and thus strengthen heart: *Indana*
trembling in: *Rupa*
to strengthen: *Indana*

Nervous heart troubles: *Gaya*

PALPITATION: *Bobby*

VENOUS blood, to cleanse (congestions): *Victor*

TASTE, APPETITE, STOMACH, ABDOMEN, LIVER, RECTUM, CONSTIPATION ETC.

ABDOMINAL complaints : *Gaya*

(due to enlargement of liver and spleen: *Gemini*)

APPETITE, poor: *Bobby, Gaya, Gemini, Oligo, Victor*
to increase and correct digestion: *Gemini*

APPETISER and expectorant: *Germane*

BOWELS, complaints in: *Gaya*

Inflamed: *Bobby*

CHOLERA: *Bobby, Germane*

COLIC : *Germane*

CONSTIPATION: *Gemini, Oligo, Kuruva*

DIARRHOEA due to indigestion: *Oligo*

DIGESTIVE complaints: *Soyuz*

DIGESTION, to correct: *Gemini*

DYSENTERY: *Gaya*

DYSPEPSIA: Kuruva not taking food on time: *Soyuz*

ERUCTATIONS, sour: *Germane*

FLATULENCE: *Soyuz, Kuruva*

GASTRIC ulcer: *Victor*

HAEMORRHOIDS (piles): *Gaya, Kuruva, Victor*
blind: *Yasoda*

HYPERACIDITY: *Gemini*

JAUNDICE: *Bobby, Gaya, Yasoda*

LIVER troubles: *Yasoda*

chronic enlargement: *Blue Star, Gya, Kuruva*

LIVER and kidney, weak: *Gaya*

LIVER and SPLEEN, chronic enlargement of, abdominal
complaints from: *Germane*

STOMACH diseases: *Yasoda* to strengthen: *Gaya*

STOMACHIC and expectorant: *Germane*

TASTE, defects in : *Gemini, Oligo*
loss of: *Yasoda*

THIRST: *Yasoda*

VOMITING: *Bobby, Gaya*

blood: *Gaya, Rupa, Yasoda*

phlegm: *Indana*

BLADDER & KIDNEY

CALCULI, urinary: *Gaya*

DIABETES: *Indana, (Yasoda and Bobby together), Gaya*

KIDNEY and bladder weakness: *Victor*

KIDNEY and liver, weakness of: *Gaya*

URINATION, difficult and painful: *Yasoda*

URINE, retention of: *Gaya, Yasoda*

MALE AND FEMALE SEXUAL SYSTEM, MENSES, STERILITY, PREGNANCY, SYPHILIS, GONORRHOEA, ETC.

APHRODISIAC: *Bobby, Gaya*

GONORRHOEA: *Indana, Blue Star, Bobby, Kuruva* (See also SYPHILIS)

IMPOTENCY: *Bobby, Yasoda*

LABOR, difficult: *Indana*

LEUCORRHOEA (white discharge): *Yasoda*

MENSES complaints: *Blue Star*

painful: *Bobby*

SEMINAL losses: *Oligo*

VIGOUR, to get: *Blue Mount*

SPERM, semen in increase quantity and quality: *Indana, Gaya, Blue Star, Yasoda*. Also *Bobby* with honey. (See also THICK SECRETIONS under GENERALITIES)

STERILITY, infertility in women: *Blue Mount, Victor*

SYPHILIS: *Gaya, Indana*

UTERUS complaints: *Indana, Oligo*

EXTREMITIES

(See also JOINTS under GENERALITIES)

ARTHRITIS : *Victor*

HEEL, diseases of: *Blue Star*

RHEUMATISM: *Rupa, Victor*

SCIATICA (pain down the back of the leg usually caused by protrusion of an intervertebral disc.): *Victor*

STIFFNESS of joints: *Germane*

NERVOUS SYSTEM

CENTRAL nervous system, diseases of: *Gaya*

CRAMP: *Victor*

CRAMP and nervous spasms: *Rupa*

EPILEPSY: *Kuruva, Victor, Gaya, Indana, Rupa*

HYSTERIA: *Bobby*

NERVOUS and mental disorders: *Victor*

exhaustion: *Yasoda*

heart troubles: *Gaya*

spasm and cramps: *Rupa*

NEUROSIS: *Victor*

NEURALGIA: *Gaya, Victor*

PARALYSIS: See GENERALITIES

SCIATICA: *Victor*

FEVER

FEVER: *Bobby, Gaya, Oligo, Victor, Yasoda*

bad-effects: *Yasoda*

after-effects of (sequelae): *Gemini*

NIGHT-FEVER: *Diana*

FEBRIFUGE and expectorant: *Oligo*

INFLUENZA: *Gaya*

MEASLES, mumps and contagious diseases: *Yasoda*

SMALLPOX: *Germane*

SLEEP

INSOMNIA (Sleeplessness): *Oligo*

DREAMS, to foresee important events in: *Kola*

SKIN

SKIN diseases: *Germane, Kuruva*

BOILS: *Bobby*

CONTAGIOUS diseases: *Yasoda*

ECZEMA: *Yasoda*

MEASLES and mumps: *Yasoda*

SMALLPOX: *Germane*

ULCERS: *Gaya, Rupa*

GENERALITIES

ALLERGY: *Gemini*

BITES, poisonous: *Gaya* (See also POISON Bite) to
protect us from snake and insect: *Gemini*

BLEEDING, to stop: *Sophie, Diana*

BONE, complaints in: *Rupa*

BURNING sensation: *Gemini, Oligo*

CANCER: *Gaya*

terminal stage: *Germane*

CATARRHAL complaints: *Germane*

CHRONIC big diseases: *Gaya*

and terminating diseases: *Germane*

COLLAPSE: *Gemini*

COMPLEXION, to increase: *Gemini, Indana, Yasoda*

CRAMP: *Victor*

DISEASES, chronic and big: *Gaya*

EMACIATION: *Oligo*

EPILEPSY: *Gaya, Kuruva, Victor, Indana, Rupa*

EXHAUSTION, nervours: *Yasoda*

HAEMORRHAGE: *Sophie*

HEAT, excess heat complaints: *Gemini, Blue Star*
excess, to counteract: *Oligo*

INFLAMMATION: *Oligo, Yasoda*

INFLAMMATORY diseases ('it is' ailments such as
bronchitis, conjunctivitis, otitis media, pericarditis etc.):
Star Trek

INFLUENZA: *Gaya*

JOINT, stiff: *Kuruva*

that makes the patient sad: *Germane*

LEPROSY: *Bobby, Rupa*

Life or JEEVAN, medicine for: *Oligo*

MEASLES, mumps and contagious diseases: *Yasoda*

PAIN : *Kuruva*

chronic one-sided stabbing: *Gaya*

PARALYSIS: *Blue Star*

PLAGUE: *Rupa*

POISON: *Bobby, Oligo*

bites: *Gaya*

POISONOUS snake and insect bites: *Gaya, Gemini*

chronic effects of poison-bites: *Rupa*

PULSE, to regulate (in collapse etc.): *Gemini*

PUS: *Indana*

RHEUMATISM: *Rupa, Victor*

SECRETIONS, thick, medicine acting upon (such as sperm, semen, mucous, pus, phlegm etc.): *Indana*

SEPSIS and septic states: *Bobby*

SMALLPOX: *Germane*

SNAKE-BITE: *Gaya*

SPASM: *Bobby*

nervous spasm: *Rupa*

STIMULANT, in case of collapse, low-vitality etc.: *Gemini*

STRENGTH, to get: *Germane*

STRONG and brave, to become: *Indana*

SWELLING: *Gaya, Oligo*

TERMINATING and chronic diseases: *Germane*

TONIC, medicines acting like: *Bobby, Oligo, Rupa* to improve the general health of the body: *Gemini*

TUBERCULOSIS: *Oligo, Gemini, Kuruva, Yasoda, Rupa* of lungs: *Victor*

TUMOURS: *Diana*

ULCERS: *Gaya, Rupa*

VITAL FORCES, low or weak causing remedies fail to act (lack of reaction, when the indicated remedy fails or does not hold long etc.) to increase vital force: *Gaya*

VITALITY, to increase: *Rupa*

WEAKNESS, See TONIC

MISCELLANEOUS

AGRICULTURE, horticulture: *Siasaphra*

BLACK-MAGIC, affections by: *Gaya*

BUSINESS people, remedy for: *Kola*

BUSINESS, to give fresh life to closed business, to remove lock-outs and shut-downs: *Germane*

DECEPTION to safeguard one from: *Sophie*

EVIL eyes, to protect children from: *Yasoda*

FARMERS, (agriculturists, horticulture, floriculture) medicine for, to get better crops and rich harvest): *Siasaphra*

FORESEE, to important events in dreams: *Kola*

FRIENDS, to make and keep: *Rupa, Siasaphra*

FRIENDSHIP, to ensure constancy in: *Star Trek*

GOODWILL, to cultivate and promote understanding: *Indana*

GHOST afflictions: *Gaya, Rupa*

HARMONY, to preserve (for really efficient persons but doing thing in a hapzhazardous way): *Diana*

INIMICAL forces, to check and suppress: *Gemini*

INNOCENT persons, remedy for: *Indana*

PROBLEMS in life, to get quick solution: *Kola*

STUDENTS, medicine good for: *Kola*

TEENAGERS, to safeguard during the highly emotional period (who are not able to distinguish between love and infatuation): *Yasoda*



[The price is uniform to all the remedies given below: 5ml pack of 150 pills is Rs.120=00 (including postage). Dosage (irrespective of age) is one pill, chewable or given in coffee or tea or water/milk/juice, daily 1-2 times. Up to three remedies may be taken during a period. Cultivate pure thoughts in mind to get quick and permanent results.]

(1) NIMISHA: This is a boon to patients when they are seriously ill. Taken by them twice daily it shortens the duration and cost of treatment because the best doctors automatically and readily attend on you by giving the best possible treatment to you and also they charge you the least amount. Modern day doctors tend to lure patients not only by prohibitively exorbitant charges but also by costly and time-consuming diagnosis, though not required. A survey by the U.G.C. shows that the number of scan/x-rays taken in the whole of New Delhi in a month is equal to the number of scans/x-rays taken in a year in the whole of England. This proves either Indian Doctors or poor in making diagnosis; if this is not so, then they purposely recommend costly diagnostic methods. Either case is not desirable.

To avoid such doctors or to prevent doctors resorting to unnecessary tests and prolonged treatment, take *Nimisha*.

This remedy *Nimisha* is to be taken 1-3 times daily by patients with chronic diseases for which they are not getting relief after having desperately taken treatment from so many doctors and medical systems. While no time limit is guaranteed by us, sooner or later the patient would automatically come across the right doctor who would somehow or other cure him with least expenses and in the shortest possible time. Dosage: 2 pills (for all ages) chewable, daily once, taken any time. To those who refuse medicine, dissolve two pills in their water or coffee/tea. Or, put two pills in a teaspoon of plain water, (no need for the pills to get completely dissolved) and apply the solution anywhere on the skin of the patient. No diet restrictions. Can be taken while the patient is on other drugs/treatment. More helpful after serious accidents when the best medical treatment is urgently required. Also, in all diseases where patient is admitted in a hospital.

CASES TREATED: Miss Vidya was having headache for three months and ultimately C.T. scan showed five tumors in brain. Cost of surgery is going to the skies in India and brain surgery would mean a minimum of 2-3 lakhs of rupees, which the parents could not afford. At this time, one of their relatives gave *Nimisha* to the patient, daily 1-3 times, and the Bach remedy *Red Chestnut* (1-3 doses daily) was given to the anxious parents. On the third day, one of their relatives suggested to go to a hospital run by persons belonging to a particular community (caste), where poor patients of their community are treated free of cost. Though the patient did not belong to that community, when approached, the hospital, as a matter of exception, they wrote in the admission card 'ALL FREE.' Not only this. Five leading surgeons volunteered to operate free of cost and removed two tumors. As all the

tumors could not be removed in one operation they decided to remove the remaining three tumors after two months, when the patient recovers completely from the sequel of first surgery. But, to the surprise of the doctors, the patient's health was so good that they did another surgery within four days and removed the remaining tumors. *Nimisha* was continued and in a week's time the patient was discharged (whereas, in the case of brain surgery it would otherwise mean 30-40 days of stay in hospital etc.) On the eighth day, the patient started taking head-bath and is in good health now. The parents had to spend a mere seven thousand rupees only by way of theatre charges, drugs etc. *Nimisha* not only saved lot of money, but also automatically brought in the best doctors and also ensured speedy recovery.

Dear reader, whether it is obstinate chronic disease or acute serious disease or accidents, *Nimisha* helps when taken by the patient, daily once. The patient automatically gets the correct doctors and receives the best treatment with least expenses and recovers in the shortest possible time. In other words, when sick, everyone would attend on you and do the best for you as if you are a VIP or Minister or Governor of a State!

We can quote many instances from letters received by our readers after they used *Nimisha*.

Whether it is after serious accident or serious disease wherever hospitalization and/or attention by doctors and nurses is called for, *Nimisha* is given to the patient.

Not merely disease that is uppermost in your mind but for any problem in life that occupies the foremost priority in your schedule — may be someone took a loan of one lakh rupees from you and is dodging you, or some examination which you have to pass at any cost—anything reasonable and due to you, you get with *Nimisha*, but no time guarantee is given by us.

Nimisha is your *aide-de-camp* in serious situations where you have to get things done on a priority basis or on a war footing!

(2) SAVITHA: Cures worst diseases where doctors could not do anything. Brings luck and good income. Confers happiness, good thoughts. Headache, heart diseases. Diseases of the right eye. Difficult concentration in work/studies. Difficulties in life.

(3) SNEHA: To cultivate friendship, co-operation, devotion etc. Delayed marriage. To get mental peace. To get satisfactory, contented and sweet personal life. Diseases of left eye, heart, lungs, brain, kidney, small intestine.

(4) SARVOTHAM: Removes difficulties caused by the curse of ladies. (It is said that the curse by a female is treacherous.) To increase intelligence and wisdom; to get good education. Prevents accidents. (For those who often meet with accidents.) To get a good job (for unemployed persons.) Diseases of blood. Blood pressure. Weakness. Menses complaints. Prevents abortion. Intestinal ulcer. Tiredness of brain—boredom.

(5) ARVIND: Anguish (extreme suffering of body or mind.) To get good education, better health. Mental diseases. Vatha or vayu complaints. (Vatha complaints are: Joint pain, constipation, difficult urination, flatulence, body always cold to touch etc.) Jaundice. Diseases of nose. Memory loss, forgetfulness.

(6) WAYTE: Heart diseases. Blood pressure. Anaemia. Liver, kidney, diseases. Complaints in feet, thigh, ear. Diabetes. Obesity.

(7) SULEBHA: To have strength. To get good health by strengthening the nerves. For nervous persons to become bold and courage. To win in court cases. Go-getter (to get success in your attempts and expectations.) Diseases of the eye, sex organs, urinary passage, prostate gland, mouth & throat.

(8) KATHEEJA: To get more wealth and improvement in business/profession. Confers wealth & health. Cramps, convulsions, spasm, epilepsy. To remove disabilities (of joints etc.) and cure diseases that handicaps a person (deaf, dumb). Pain in bones and muscles. *Vatha* or *vayu* troubles (flatulence, constipation, difficult urination, pain & stiffness of joints, excess sweat, body always cold to touch. These are *vayu* or *vatha* complaints.) Impotency. Anxiety and hopelessness. Chronic diseases. Complaints in sex organs.

(9) VELVET: Gives peace of mind. Prosperity in business. *Vayu* or *vatha* complaints. Complaints in lungs and legs/feet. Skin & eye diseases.

(10) PASEETA: Evil eyes, witchcraft. Lung diseases. Fever, pain in eye. Skin diseases. Pain in abdomen and body.

(11) JACEA: Sterility/infertility. Mental diseases. Take with milk to cure kidney diseases.

(12) BUCHU: To get support from government. For government servants and for those who are trying for job. Spinal cord and nervous diseases, Back pain. Cervical spondylitis. Slipped Disk. Heart, lungs, skin and digestive complaints.

(13) KOYOMATO: If a patient is declared that surgery alone can give him relief (heart bypass surgery, removal of cancerous growth etc.) give him two pills of Koyomato for a dose, thrice daily, chewable, for 5 to 7 days. After this, let him go to the same doctor and (because of lots of improvement/progress in his condition after taking Koyomato) that very same doctor would say that surgery is not required now.

The patient either has not sufficient money in lakhs to spend for surgery or he does not want to undergo surgery, because, after surgery the patient becomes a half-man. Koyomato is for him.

(14) ALGIER: 'Adding to your weapons or armoury' is the key-note for this remedy. Take daily one dose, for forty-two days.

This enables you to come across, learn and adopt a method, system or formula that would be of life-time use to earn money, name or fame, as much as you want.

For example, you learn a foreign language, or, say, learn the use of computer and also you buy it and get internet connection. This is an addition to your armoury.

The method that you stumble upon would be a novel method, not known hitherto to anyone, but, at the same time, bringing 10-12 times better output than methods/systems that are already in vogue in the world.

Note : *Algier* need not necessarily bring in a new method. It can also be a new way of using the methods/systems which you had so far been using/adopting so as give you ten times better use or output.

(15) ESTRARE DE COLOGNE: This remedy is prepared from a plant found in France. The unique feature of this plant is that it does not grow in one region year after year. Each year it appears in a different region.

Effects: 'Exploration' is the key-word for the use of this remedy. Suppose you are asked to talk on a subject matter, which you do not know or have not learnt, still from a scratch you can build up things so nicely than others (more qualified on that subject) to such an extent that others are spell-bound.

This remedy is useful not merely for researchers, thesis writing etc. but also all professions. Whatever may be your full or part-time profession (or even a hobby) you automatically come to know all nooks and corners of the subject that you soon become popular in your community as unfailing No.1 doctor, astrologer, Reiki master, Vastu expert etc. etc.

One pill for a dose, chewable, any time, once a day. Take as long as required.

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(FOR PROBLEMS IN LIFE)

To get government favor, influence etc.: *Buchu*

For luck and good income: *Savitha*

To get more money and wealth: *Katheeja*

For getting good thoughts in mind: *Savitha*

To get satisfaction and contentment in life: *Sneha*

To get happiness in life: *Savitha*

Curse of women: *Sarvotham*

To get good education: *Sarvotham, Arvind*

For those frequently meeting with accidents: *Sarvotham*

To get good health: *Arvind*

Knowledge, wisdom, to increase: *Sarvotham*

For peace of mind: *Sneha, Velvet*

Nervous persons, to become bold & courageous: *Sulebha*

Court cases, litigation, to win: *Sulebha*

To get success in your attempts and expectations: *Sulebha*

Evil eye, witchcraft: *Paseeta*

Hopelessness, anxiety, worry: *Katheeja*

To get job: *Sarvotham, Buchu*

For getting promotion in case of govt. servants: *Buchu*

To get prosperity in your profession: *Katheeja, Velvet.*

FOR TREATMENT OF DISEASES

Headache: *Savitha*

Kidney diseases: *Sneha, Wayte, Jacea* (For kidney diseases, take Jacea with milk)

Obesity: *Wayte*

Diabetes: *Wayte*

Heart diseases: *Savitha, Sneha, Wayte, Buchu, Velvet*

Eye diseases: *Velvet, Sulebha*

Complaints in the right eye: *Savitha*

Complaints in the left eye: *Sneha*

Eye pain: *Paseeta*

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Nose complaints: *Arvind*

Jaundice: *Arvind*

Liver diseases: *Wayte*

Lung diseases: *Sneha, Velvet, Paseeta, Buchu*

Brain (meningitis, brain tumor, lesion of brain etc.): *Sneha*

Small intestines, complaints in: *Sneha*

Intestinal ulcer: *Sarvotham*

Digestive complaints: *Buchu*

Anaemia: *Sarvotham, Wayte*

Blood diseases, blood pressure: *Sarvotham*

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Mental disorders, hypochondriasis: *Arvind, Jacea*

Vatha or *Vayu* complaints (Joint pain, stiffness in joints, paralysis, constipation, difficult urination, parts of body cold to touch etc. are *vayu* complaints): *Arvind, Velvet, Katheeja*

Sexual parts, diseases of: *Sulebha*

Urinary passage: *Sulebha*

Impotency: *Katheeja*

Prostate gland: *Sulebha*

Mouth complaints: *Sulebha*

Throat complaints: *Sulebha*

Cramp, convulsion, spasm: *Katheeja*

Bone & muscle, pain in: *Katheeja*

Diseases:

(a) Chronic diseases: *Katheeja*

(b) Diseases where doctors have failed: *Savitha*

(c) Handicap, diseases which handicaps a person, e.g., dumb, deaf, one-side paralysis etc.: *Katheeja*

Feet, thigh: *Wayte*

Leg: *Velvet*

Ear: *Wayte*

Skin: *Velvet, Buchu, Paseeta*

Abdomen/stomach, pain in: *Paseeta*

Body pain: *Paseeta*

Fever: *Paseeta*

Infertility/sterility: *Jacea*

Spinal cord diseases (spondylitis, slipped disc, neuralgia, sciatica etc.): *Buchu*

REPORTS OF OUR READERS:

There are several case reports where even one single dose had cured chronic diseases and/or solved problems in life.

Mr. Rangarajan, 17 Sarathy Nagar, Srirangam, Tiruchirapalli 620 006, reports that he was having backache for three weeks. He started taking daily one dose of *Buchu* and to his surprise the next morning there was no pain. Moreover, he came across a person who said that his back pain may be due to his riding a two-wheeler in which improper adjustments of shock absorber may be the cause. Dr. Rangarajan took his scooter to the two-wheeler mechanic who examined the vehicle and found that the pressure was too high in the shock absorber and he adjusted it correctly. This case shows that the remedy sometimes enable us to remove the cause of our suffering.

Mr. Nagarajan writes us that he cured a four-year old case of recurrent urinary tract infection with one single dose of *Suleba*.

Mrs. K. reports that both she and her husband started taking daily one dose of *Savitha*. On the third day her husband received a phone call from one of his old friends. The latter promised to come the next morning for returning a huge amount which he had taken as loan and which was almost written off by Mrs. K's husband.

Mr. Rajan took *Sulebha* daily one dose. On the very first day there was sudden upheaval in his office. He continued to take the medicine daily one dose. After the fourth day,

everything settled down and the result was thorough streamlining of the working hours and nature of work in his office. This not only brought extra income and saved lot of working hours, which prior to this, was not productive at all. Two more readers reports similar results with *Savitha* and *Sulebha*.

With *Sulebha* and *Savitha*, your health and attitude to life as well as work in your office becomes sleek and super-smooth in a weeks time or so. You automatically cut off useless and unproductive jobs. Again, because of the best changes in your way of doing the work, your customers are satisfied to the core.

OUR SPECIAL HERBAL REMEDIES

1. For LOW SPERM COUNT, LOW MOTILITY RATE, OLIGOSPERMIA, AZOOSPERMIA, TAIL OR HEAD ABSENT, INFERTILITY, IMPOTENCY, INSUFFICIENT SEXUAL POWER, ABSENCE OF DESIRE etc. (Rs.1550=00)
2. For Female Infertility/Sterility. (Rs.1870=00)
4. For all types of cancer. (also cases treated/spoilt by radiation, chemotherapy. (Rs.1800=00)
5. ABU POWDER (Rs.1260=00): for all heart diseases. Low/high B.P., angina, endocarditis, mitral stenosis, valvular troubles, bundle block needing bypass surgery etc. etc.

Dr. V. KRISHNAMURTHY

(Herbal Remedies and Homoeopathy)

*Raman House, Old No.21, (New 49), Kuppaiah Street,
West Mambalam, Chennai - 33*

Phone: 044-65393214

MYTH & REALITY OF EFFECTS OF WEARING GEMS

THERAPEUTIC & OTHER EFFECTS OF WEARING GEMS:

Buying a Television set or vehicle will not bring you equivalent amount year after year. On the other hand you have to spend for their repairs and mainenance. But wearing of gems reduces wasteful expenses and bring equivalent amount year after year.

**WHEN ASTROLOGERS/
GODMEN DISAPPOINT YOU,**
Gems and Precious Stones come to your help

INTRODUCTION:

In my thirty-eight years of medical practice, wherever a patient did not get relief even after six months of careful medical treatment, I recommended suitable gems and precious stones. The patients had immense relief by wearing them. Gems help us not only to get rid of diseases but also, simultaneously increase our income and lifestyle by removing obstacles, difficulties and problems in life.

It can be said with certainty that most of the things that the readers have heard about gems are nothing but taboos. What we in India generally make use of, are costly gems for nine planets e.g., *Ruby, Pearl, Coral, Emerald, Yellow Sapphire (or Topaz), Diamond, Blue Sapphire, Gomed and Cat's Eye*. Most of us think that these have ornamental value only. No. Not at all! Moreover what you have not learnt is the use of gems other than the above said nine. They are your lifetime companions in removing difficulties and problems. Some benefits that our readers got by wearing gems are given below:

1. "I earn a lot but everything goes away by this or that expenses." Earns more but left with no savings. If they wear the gem *Peridot* (either in a ring or in a locket attaching it to a chain around the neck they would find that they are able to save much from their earnings and not drained away. This gem *Peridot* costs Rs.1230=00.

2. Repeated accidents and so sells away his vehicle saying "vehicle not lucky". Put the gem *Turquoise* in the petrol tank anywhere in the vehicle and accidents would be a thing of the past. This costs Rs.720=00.

3. Has very good voice, but no chances are forthcoming for performing on the theatres. The gem *Agate* (costing just

Rs.480) is excellent for artistes, singers, as well as for agriculturists.

4. Students poor in studies are helped greatly by wearing the precious stone *Green Tourmaline* (costing Rs.750=00)

5. Not only your business multiplies but you also get more and uninterrupted income by keeping a chain of beads of *Tigers Eye* in your cash box and wearing a stone. (Chain is Rs.950 and gem is Rs.680=00).

The best investment for his money that a man can and should think of first in life, is wearing Gems & Precious Stones.

Buying a car, Television set, House/Flat involves maintenance expenses; also, they lose their value, year after year, by way of depreciation. Whatever income we may get out of Company shares is not worth the mental strain and awe by watching the volatile share market.

But gems neither involve maintenance nor do they lose their effects in course of time. On the other hand, in terms of return for the money invested on buying them, they reduce your losses and wasteful expenses (like medical bills etc.); also, simultaneously increase your income, comforts and happiness by quickly solving problems and helping you to overcome difficulties in day-to-day life.

Wearing Gems/Precious Stones are the biggest asset in anybody's life. They are far more valuable than your Degree certificates which would fetch you a few thousand rupees, only after your working for 8 hours x 30 days.

The uniform report by those readers who purchased gems from us is that medical bills (and sufferings too!) are cut short by more than seventy-five per cent after wearing them.

No need for consulting an astrologer who teaches you all taboos only!

For general wellbeing and allround prosperity the order of preference is *Red Coral*, *Ceylonese Blue Sapphire*, *Yellow Sapphire* and *Diamond*. Also a chain containing beads of *Lapis Lazuli* (to ward off bad luck), *Turquoise* (for luck) and *Jade* (for austerity).

To start with, after wearing this chain with a locket containing Red Coral, Yellow Sapphire and Ceylonese Blue Sapphire, you may go in for diamond. We supply top quality only.

To lead a happy life “*Mani, Mantra, Oushada*” is the ancient Hindustan saying in order of preference, for the alleviation of disease and problems in life. “Mani” means gems and precious stones. Next in order comes “mantra” meaning chanting of verses from religious scriptures. Medicine is given the last place in order of preference. However, at the present day everything is upside down. Everyone goes to a doctor first. If not relieved, a few try religious methods and rarely anyone thinks of gems and precious stones. [*Emerald, Ruby, Gomed, Pearl, Coral, Diamond, Yellow Sapphire, Cat’s Eye and Blue Sapphire* are known as *gems*. All others such as *Amethyst, Moonstone* etc., are called *precious stones*.]

In one of the ancient Hindu scriptures, there is one *Linga Puranam*, which contains a treatise called *Saundarya Laharee* believed to have been written by *Lord Ganapathy*. In this treatise, we find that the supreme Goddess is living in a fort known as “*Chintamani House*” in an island made of gems. To protect her from evil forces, the fort consists of twenty-five compound walls. The outer walls are each made by one metal and inner walls by gems and precious stones.

From time immemorial, wearing of gems has been in vogue for therapeutic effects, overcoming difficulties and banishing grief, misery and poverty. A mention of this can be found in the scriptures of all religions.

Many people think that gems have ornamental value only. This is a misconception. If it is for ornamental value alone, one can as well wear artificial gems, which are the cheapest and beautiful to look at. However, the greatest benefit ever given by the Almighty to humanity is the invisible and marvellous effects of gems/precious stones. One can acquire the effects by simply wearing them. Gems/precious stones as available in nature and dug out from earth may not be more glistening and glamorous than synthetic ones; but the effects can be obtained only by wearing natural gems/precious stones.

HOW TO SELECT?

All gems and precious stones are of two types. One type has purely commercial value. The other type is for getting relief from diseases and overcoming problems in life, poverty etc. We sell the latter type. Again, all gems have different methods of purification or cleansing. We do that and then only supply to our clients. Jewellers and those dealing in gems do not know how to purify them, or how to identify gems that have therapeutic effects.

Irrespective of the year of birth, gems to be worn by everyone according to his/her date of birth are given below:

Mar. 21 to Apr. 19 : *Mala* (chain) made of beads of Garnet with a locket containing Ruby and Bloodstone. This chain (beads of Garnet) and Ruby and Blood Stone in a locket costs Rs. 6,500 (US\$ or Euro 95)

- Apr. 20 to May. 20 : Mala (chain) consisting of beads of Turquoise, Lapis Lazuli and Jade and a locket containing Emerald (Rs.6,600)
- May 21 to June 21 : Cornelian, Blue Sapphire and Diamond (Rs.11,350)
- June 22 to July 22 : Chain (mala) of Crystal beads with a locket containing Pearl, Diamond, Opal and Moonstone. (Rs.8,480)
- July 23 to Aug. 22 : Ruby + Yellow Sapphire (Rs.8,600)
- Aug. 23 to Sep. 22 : Emerald, Diamond and Pearl (Rs.10,000)
- Sep. 23 to Oct. 23 : Opal and Pearl (Rs.3,000)
- Oct. 24 to Nov. 20 : Chain (mala) consisting of beads of Turquoise and Red Coral with Ruby in a locket (Rs.9,100)
- Nov. 21 to Dec. 21 : Amethyst and Blue Sapphire (Rs.6,550)
- Dec. 22 to Jan. 19 : Chain containing beads of Pearl and Amethyst with a locket containing Moonstone (Rs.2,830)
- Jan. 20 to Feb. 19 : Moonstone, Blue Sapphire and Yellow Sapphire (Rs.9,780)
- Feb. 20 to Mar. 20 : Agate, Blue Sapphire, Amethyst and Emerald (Rs.9,500)

You must first wear gems and precious stones according to your date of birth, as per the above table. After this, if you have a South Indian horoscope (which you can get free from any website on Indian Astrology) you may wear gems for the planet posited in the third, sixth and eighth house from lagna (ascendant).[†] [Gems for the nine planets are: Sun: Ruby; Moon: Pearl; Mars: Red Coral, Mercury: Emerald; Jupiter:

Yellow Sapphire; Venus: Diamond; Saturn: Blue Sapphire; Rahu: Gomed; Kethu: Cat's Eye] After this, you may wear any additional gems described below. You may select the gem according to your requirements and there is no need to consult astrologers, most of whom tend to envelop the subject of gems into clouds of mysterious obscurities.

1. Special Italy Red Coral & Yellow Sapphire (Rs.9,500)

Hurrah! Business-persons and self-employed have exclaimed in great joy, the effects of these gems. It has invariably increased the volume of their business in 3-6 months time.

2. AGATE (Rs.480) Confers health and increases strength, wealth, gains and victory. Brings success in art and music. Helps in making and keeping friends. Agate is necessary for farmers and all those in agriculture, horti- and floriculture. Gives very good yield. You can wear one gem and put about five pieces of this gem in a bottle of water and keep it in a closed place away from light, for a week. Then mix this water in a bucketful of water and pour this on the roots to get good yield. You can repeat this every week.

Excellent for treatment of insanity. Keep Agate immersed in apple juice for a few hours; this juice may be given to cure insanity. In addition, insane patients may wear Agate.

[All the gems have no expiry date. That is, they do not lose their effects even by one per cent however long you may use them. They have unlimited and inexhaustible power and potency. However, Amethyst is an exception, which please see below:]

3. AMETHYST (Rs.1,260) [Its colour is violet. After a year or two of wearing, its colour may fade away; if it so happens, you must buy a new one. In respect of all other gems their colours do not fade and their effects do not diminish by using them for any length of time].

Cures addiction to liquors. Useful for night blindness, paralysis, menstrual disorders. In the case of No.3 persons (*see* page 27-28) when they have headache, if they keep this gem touching their skin, they can notice the pain disappearing.

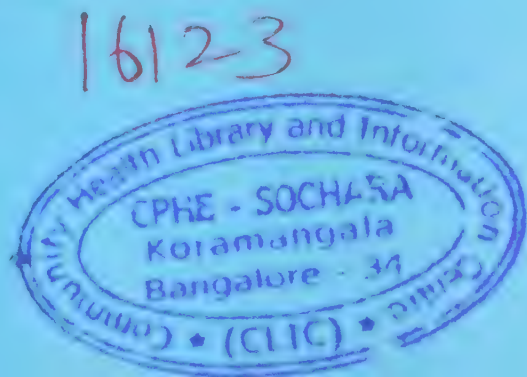
Mrs. Rajeswari had been suffering from headache for several years and treatment by allopaths, homoeopaths, ayurveds etc., did not give permanent relief. She started wearing Amethyst and then could notice the difference. Prior to this, whenever she went out for shopping etc., she will return with headache. After she started wearing Amethyst, headache became outdated.

4. AQUAMARINE (Rs.650) Presented by lovers to each other it stabilizes their love. It creates harmony and affection between husband and wife. Cures complaints of mouth. Makes the wearer fresh and confident.

5. BLUE SAPPHIRE (Rs.4,200) Your relative has become an addict and even doctors/astrologers are not able to help? Do not worry. If he is made to wear Blue Sapphire and Emerald in a ring, he can be cured. If he refuses to wear, keep Blue Sapphire or Emerald immersed in his liquor or drinking water. If he drinks this water, he will get the same effect.

Blue Sapphire removes misery and pride. It brings health, wealth, name, fame, stamina and longevity. It chases away evil thoughts by establishing a healthy state of mind. Saddam Hussein and Osama Bin laden type persons need Blue Sapphire.

Cures nervous and mental disorders, neurosis, neuralgia, sciatica, diseases of the scalp, epilepsy, cerebro-spinal meningitis, cramps, kidney and bladder weakness. Cleanses venous blood; is useful in arthritis, rheumatism, gastric ulcers and baldness. Useful in sterility of females.



6. BLOODSTONE (Rs.480) Gives us courage. Safeguards us from deception (being cheated by others.) Stops bleeding. Useful in cases of haemophilia (bleeders), profuse menses etc.

7. CAT'S EYE (Rs.2,100) Cures skin diseases, acne, cholera, smallpox, croup and colic. Protects us from government punishment, saves us from secret enemies and drowning as well. This gem gives fresh life to closed business—continued or repeated lockouts and shutdowns, strikes are out of question if the personnel or works manager or the proprietor of the mill/factory wears this gem.

Hurrah! This gem is a God-given gift for those suffering from chronic diseases in terminating conditions. Terminal cancer patients have responded wonderfully by wearing this. (See also *Emerald*.)

8. CORAL (Available in Red & White Colours) Effects of Red Coral: (Rs.3,400) Protects women from untimely widowhood; also restores broken conjugal relationship. During Saddam Hussein's Iraq war none of the soldiers (whose wives had been wearing Red Coral) died in the battle. Coral protects children from evil eyes. It safeguards the teenager during the highly emotional period such as falling in love with a married person or worthless fellow etc. For early marriage of girls Coral may be worn.

Gives great relief in diseases of stomach, liver, blind piles, eczema, nervous exhaustion, jaundice, impotency. Wherever the word Coral appears in this book it means Red Coral only. [Use of White Coral (Rs.1,200): For diabetes, you may wear White Coral and Yellow Sapphire together in a locket or ring.]

9. CORNELIAN (Rs.1,200) Clears the voice. Preserves harmony. Stops bleeding. Cures tumors and night fevers.

10. DIAMOND (Rs.6,500) Gives bravery and strength. For innocent persons this is very good. It cultivates goodwill,

promotes understanding. *Stabilizes marriage*. Cures diseases connected with thick secretions - pus, mucus, sperm etc. Facial paralysis, pneumonia, bronchitis, delirium, obsessions, insanity, diabetes, syphilis, gonorrhea, uterus complaints. [Note: Those who cannot afford to buy diamond may wear its substitute *Tourmaline* or *White Coral*.]

11. EMERALD (Rs.3,800) Gives all-round prosperity and good health. This must be worn by those who do things in a haphazardous way and thus fail in their attempts. Worn by a woman it helps her to attract true love and if worn by a man he will attract a loving wife. Protects the wearer from so-called 'black-magic.'

Gives relief in nervous heart troubles, blood pressure, ulcer, cancer, headache, neuralgia, influenza, syphilis. Diseases of the C.N.S. (Central Nervous System), abdomen, speech, tongue, eyes, lung, bowels, nose. Terminal illness.

12. GARNET (Rs.650) Promotes a healthy and cheery disposition. (Useful for those who are always sad and grief stricken.) Ensures constancy in friendship and love. Thus, useful for those who are constantly changing their mistresses.

Cures inflammatory diseases. [Diseases with the suffix '-itis' are called inflammatory diseases. E.g., otitis media (inflammation of and pain in middle ear), appendicitis, colitis, sinusitis, cerebrospinal meningitis, arthritis, ovaritis, pancreatitis, splenitis, hepatitis etc.]

13. GOMED (Rs.1,800) Confers health, wealth and all round prosperity. Assists in marital happiness. Helps women during childbirth. Checks and suppresses inimical forces, otherwise called *allergy*. Protects us from bites of snakes and insects. Hyperacidity, burning sensation, excess heat complaints. Gives good appetite and corrects digestion.

14. JADE (Chinese) (Rs.550) For those suffering from digestive complaints, this is excellent. Call it by any name—loss of appetite, indigestion, dyspepsia, not taking food on time, constipation, peptic/gastric/duodenal ulcer, gas trouble, flatulence, *eructation*, heartburn, and hyperacidity. For those whose digestion is upset by taking food in restaurants or wedding parties. Mr. Kamesh's job involved touring for twenty days a month. As restaurant food did not agree with him it was a suffering while on tour. Many a time, he had to go to the doctor. After wearing Jade, restaurant food was no more a problem for him.

15. LAPIS LAZULI (Rs.650) Very good for skin diseases. Epilepsy.

16. MOONSTONE (Rs.320) This is useful to observe continence *i. e.*, to abstain from carnal pleasure. For those who want to modify their craving or to adopt family planning the natural way. Particularly useful to those going higher in spiritual life. For meditation, spiritual practice etc., sexual indulgence should be kept in moderation. For them, Moonstone is a boon. A person at his thirty-seventh year lost his wife and had no idea to marry again. He wanted to observe continence. He started wearing Moonstone and it helped him.

The action of this precious stone is not to cause impotency in males or frigidity in females. It does not destroy or suppress carnal desire but only modifies the desire to the extent needed. A husband wanted to meet his wife in bed almost every night but the latter's health did not permit over-indulgence. Wearing Moonstone helped him to control the excess passion.

17. OPAL (Rs.1,500) This is a *must* for those dealing in spiritualism, E.S.P., Kirlean photography; also for ASTROLOGERS, FORTUNE TELLERS, PALMISTS AND NUMERO-LOGISTS, HYPNO-THERAPISTS, YOGA THERAPISTS, & PRANIC HEALING (*REI-KI* , MEDICAL

PRACTITIONERS OF ALL SYSTEMS and SOCIAL WORKERS who are dealing with the problems of human beings). This is because Opal is good for memory; it gives sixth sense and will strengthen psychic faculties. Those practising Rei-Ki, transcendental and other meditation, going higher in spiritual practices and spiritualism *Must Necessarily Wear* this gem.

18. PEARL (Rs.1,800) It gives good memory, mental peace. This is necessary for women. It ensures a happy married life to the wearer; for this purpose, Pearl used with Yellow Sapphire and Coral gives wonderful results. When excess heat in the body is required to be counteracted, Pearl can be used with confidence.

Cures insomnia, uterus disorder, heart troubles, eye complaints, tuberculosis, constipation, hysteria, pleurisy etc.

19. PERIDOT (Rs.1,350) Earning much but not left with any savings? Then this gem will help you in saving more money. Brings love between husband and wife. Peridot is good for females; it prevents sagging down of breast; hence no need for plastic surgery after forty-five years of age.

20. RUBY (Manik) (Rs.4,800) Confers rise in status, makes us bold and courageous. Helps to create and maintain friendship and to banish grief. Removes sadness and controls sensuality. Idiots and imbeciles have very well improved by Ruby. It cures ulcers, rheumatism and all types of heart and bone troubles. Protects us from plague, poison and sad occurrences in life. Prevents nose bleeding and tooth decay. Useful for leprosy. None of our readers had to flee leaving behind their property and home during the 1994 plague epidemic in Surat as they had been wearing Ruby.

21. TOURMALINE (Rs.950) Gives quick solution to any problem. Foretells important events in dreams. *Green*

Tourmaline is good for students, mentally retarded children and businesspersons. *Pink Tourmaline* is good for those who feel isolated in life. [This gem alone should be worn in silver only.]

22. TURQUOISE (Rs.480) Accidents are out of question. Put a piece of Turquoise into the petrol tank of your vehicle. Those often meeting with accidents would say that their vehicle is not lucky and sell it away. However, if they start wearing Turquoise, accidents will stop. Protects us from misfortune or danger. Confers longevity and the wearer does not require an accident insurance. This gem is a must for all those involved in risky jobs—fire fighting squad, rescue operations etc. Also motorcycle/car racing, circus etc. Gives ability to memorise mantras. We become immune to poison and accidents. Passengers and pilots on air may note this.

23. YELLOW SAPPHIRE (Rs.4,200) This is found in yellow and white (crystal like transparent) colour. Price and effects are same. Protects us from poverty and adversity. Also strengthens security in life. It washes away one's sins.

It cures throat troubles—laryngitis, goitre, sore throat, hoarseness, fevers, cholera, apoplexy, hysteria, palpitation, spasms, vomiting, jaundice, inflamed eyes and bowels, tooth troubles, painful menses, whooping cough, impotency.

24. KIDNEY STONE (Rs.950) This is from Africa; a marvelous precious stone indeed, for diseases of the urinary system—bladder diseases, kidney failure (where allopaths resort to dialysis and/or kidney transplant) this gem has given much relief. Method of use: Rub the edge of the kidney stone with a few drops of fresh lime (on a piece of rock or any hard stone) for thirty seconds; wipe it with your index finger and take. Repeat this morning and evening for five days only, every time with a few drops of fresh lime. *Kidney Stone* is also available in the form of beads in a chain and the patient may wear this around his neck.

REPORTS OF THOSE WHO HAVE MADE USE OF GEMS SUPPLIED BY US:

Mr. Shantilal from Hyderabad writes: “Thank you for your services. I am wearing the *mala* (chain) and locket sent by you and they have helped in doubling up my business. I am now more active and busy. Income too has increased much. The five business colleagues of mine, to whom I recommended these, have all told me that they are now more prosperous. I would strongly recommend these to all business people and the self-employed.”

Mrs. Shakuntala Devi: “I am No. 3 person and suffering from chronic headache; on many days I had to give up my work and come home for rest. I tried various systems and doctors. However, nothing like your *Amethyst*. Ever since I started wearing it, I have forgotten what headache is. Thank you for your services.”

Dr. Raj Narain writes from Bombay: “Dear doctor, my joy knows no bounds. My wife, (who was condemned to death in a few weeks because of her cancer disease in the third stage) started wearing *Emerald*, so kindly supplied by you. Now it is more than a year and she is living in good health. Thank you!”

Mr. Satya Paul from Dehradun: “Dear Dr. Kirushnamoorthy, I was diagnosed to be having tumour in brain and surgery was decided the following month. In the meantime, I came across your book and started wearing Cornelian bought from you through post. I postponed surgery and two months after wearing the precious stone, C.T. scan showed reduction in the size of the tumour. I continue to wear Cornelian.”

Cases of tumour in ovary, intestine or other places have been cured by wearing Cornelian.

Be it problems in life (domestic disharmony, personality defects etc.) or want of more wealth, business expansion or

promotion in service or starting a side-business, gems can be used with confidence. For curing diseases, gems are far superior to medicines. Moreover, for prosperity in life, gems are better than astrologers.

Just select one or more gems for your requirements and fix them in silver (or gold or any other metal) ring and wear on any one of your finger (or fix in a locket and wear in a chain around your neck) for a minimum period of eight hours daily. About the weight or size of the gem: Red Coral alone is to be used in a minimum weight of 7½ carats. All other gems above two carats.

Genuine gems can be had from us.

Cut short your medical bills and sufferings to more than seventy-five per cent with.

CHINESE ACUPRESSURE

NO NEEDLES & NO DRUGS "TREAT-YOURSELF" METHOD

By learning this, you can cure in JUST 1-DAY TREATMENT, most cases of **CHRONIC HEADACHE, MIGRAINE, SINUSITIS, SPONDYLITIS, ALLERGY, ASTHMA, LUMBAGO, LOW BACK PAIN, SLIPPED DISC, SCIATICA, ADDICTIONS, SLEEPLESSNESS, UTERUS & MENSES** complaints, **DISABILITY OF JOINTS AFTER ACCIDENTS** etc., where scan, x-ray reports etc. show nothing wrong and doctors say patient is "Clinically all right"

Almost instant cure in medical emergencies and traumatic conditions. arising from traumatic causes where life is in danger—serious accidents, burns & scalds, poisons and electric shock (excepting, of course, fractures)

Also includes Personality Development methods to increase your charisma and get things done from others.

— Get rid of spectacles in Thirty Days of self-treatment —

If you learn accupressure elsewhere, in those methods you have to give treatment daily for 20-30 minutes and this given continuously for 2-3 weeks, with partial or little relief, that too not being permanent.

But, in the method taught by us, it is TOTAL AND PERMANENT CURE IN JUST THREE MINUTES OF TREATMENT AND GIVEN ONLY ONCE AND FOR ONE DAY!

Might Nature says, "You copy in the examination hall (in my school) and I give you hundred per cent marks. If you study hard throughout the year, I would give you five or cipher mark only."

Nature can be imitated.

What we do in Chinese Acupressure (as taught in our just 5-day Personal Course) is not teaching anatomy, physiology or even any 'theory', 'principles and practice' of Medicine etc., but we simply and just teach you to imitate nature.

The method of Acupressure taught by us was discovered by seven consecutive generations of ancient china. One generation started wondering as to how, in the absence of veterinary doctors sitting in every corner of the forests, animals get their diseases cured.

The following generation of Chinese people continued the work. They started observing animals and found that each animal was prone to get a particular disease only, because each animal eat particular item of food and live in certain climates/seasons/places only. On the other hand, man lives in all places, climates etc., and he eats all kinds of food; that is why he gets all conceivable diseases.

The third generation was curious to find out how each animal (when it gets a particular disease) got cure. The fourth generation started observing carefully and with an unprejudiced mind, the behaviour etc., of various animals whenever they fell sick. Each animal, when sick, would go to a lonely place and start pressing one particular spot on the surface of its body against a sharp end of a rock or a broken branch of a tree, and

remain in that posture for three minutes. It was immediately freed of its disease. Various animals, each one prone to get a particular disease, would press a different place on its body and got relief. The last generation started imitating animals. When men got diarrhoea, they started pressing the place on his body for three minutes (the very same corresponding place where the animal that was prone to get diarrhoea would press when sick) and he got almost instantaneous and permanent cure, that too without side-effects. Thus, for various points for many diseases were copied by men from animals.

Thus, we do not teach so-called anatomy, pathology, diagnosis, microbiology etc., in our 3-day personal course, but simply and only to imitate nature.

After attending our 3-day course in acupressure (no needles & no drugs) our students are curing the following completely and permanently with 3-minute treatment, given once only:

- (i) migraine/headache, lumbago, sciatica, chronic back pain
- (ii) allergy/asthma (excluding cardiac asthma) - All types of Addictions-alcohol, drugs, tobacco etc.,
- (iii) sinusitis
- (iv) disability of joints after accidents that are not relieved by ortho & neuro consultations and physiotherapy of no avail
- (v) after accidents, bleeding stopped in just a minute, however long or deep the cut may be, and without any bandage;
- (vi) acute diarrhoea, constipation, vomiting, pain etc.
- (vii) fears, tension, anxiety, restlessness, phobias, insomnia
- (viii) poison-bites & poisons
- (ix) pain/discomfort/disability of parts remaining long after accident/mental shock where patient is declared "clinically alright.' Amnesia, nervous aphonia etc.

Before deciding to attend our course, to get yourself convinced, you may first try the methods in the following pages on accupressure.

A note between acupressure (as taught by us) and Acupuncture: In Acupuncture as taught by Doctors in India, in most cases they have to give treatment daily for two weeks but the cure is not permanent. Moreover, in many medical emergencies and chronic diseases Acupuncture has no treatment. But, in the method taught by us, it is treatment for three minutes and for one day only and the results in majority of cases are PERMANENT.

1. The bottom end of a pen or pencil is used for giving treatment.
2. You need not worry about the exactness of the point (on the body of the patient) where you have to give pressure; they are easy to remember. *We have selected only such points that lie in the middle or centre of a part of the body.* Again, when the point is shown in the pictures, you need not take meticulous care to press *exactly* at that point. Because each point is an area, the size of a twenty-five paise coin (and not that of a pin-head). *Thus, when you press approximately on the centre, there won't be any chance of your giving pressure away from the diffused area* which is the size of a 25 paise coin. Pressure anywhere in the diffused area give same results.
3. **Duration:** Treatment is not to be given for less than two minutes and not more than four minutes. Thus, if you keep the duration of treatment for three minutes, there won't be any chance of your exceeding four minutes or giving treatment for a period of less than two minutes.
4. Treatment is not to be given

- (i) to children below five years;
- (ii) to people with serious heart complaints;
- (iii) to bedridden and debilitated patients; patients with serious or contagious skin diseases.
- (iv) after taking a full meals and to ladies after third month of pregnancy. (For medical emergencies this restriction does not apply.)

5. IMPORTANT: During the entire period of 3-minute treatment you should concentrate on the object to be attained. You must think that the patient is going to get relief; or (in bleeding) the bleeding is going to stop in a minute or two; or, that migraine is going to be cured completely. Thus, while giving pressure you should not think about your problems and difficulties of yesterday or tomorrow, but *just think in terms of the patient getting relief* with the acupressure treatment given by you.

6. Two types of pressure are used in this method:

One is **HARD PRESSURE**: Placing the stick *vertical to the surface of the skin*, press firmly *as hard as you can* for three minutes only.

The other is **LIGHT PRESSURE**: The amount of pressure to be given is that used by you to mix some herbal powder with honey.

Press gently and while doing so, make a rotary movement without losing the grip of the skin of the patient, as if you are digging in that point or massaging. The finger movement should not be visible to others.

7. **HOW MANY DAYS?** Normally one single treatment for three minutes completely cures the patient, irrespective of the duration of suffering. Whether the patient is having the disease for a few weeks or for years, it does not matter. After giving treatment for three minutes, wait for a day; if that 3-minute treatment does not give complete cure, or if the complaint relapses after a day or two, you may repeat the treatment for the next two days, daily once, but such cases are very rare. We teach you mostly single-dose-cure methods or cure of patient in the shortest possible time.

Treatment of Medical Emergencies

In accidents, bleeding and cuts, though this acupressure may be used as a first aid, the experience of our former students is that in most cases it is complete cure and no other treatment/medicine is required.

- (a) To stop bleeding;
- (b) To remove the effects of shock (mental/physical);
- (c) to calm the patient who is having *fear, anxiety*, and/or is *restless*;

(a) TO STOP HAEMORRHAGE (BLEEDING):

Whether the bleeding is from a cut after an accident, or due to some internal disease
(*e.g.*, bleeding from nose, vomiting of blood, excess menstrual bleeding.):

Place the bottom end of a ball-pen on the middle of the elbow fold as shown in the picture above, and press as hard as you can (hand pressure).

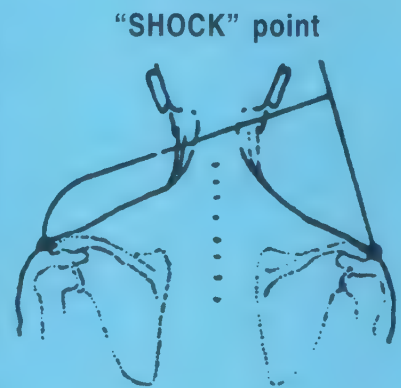
Within three minutes you will find that the bleeding (wherever it may be) stops, *however long or deep the cut*



may be (in case of accidents) and *without any need to put up a bandage*. After bleeding stops completely, you may send the patient to a doctor or nurse for a suture, if necessary. But the experience of our students (Christian missionary sisters working in the interior village) is different. After stopping the bleeding, they dissolve ten pills of the Bach Remedy *Rescue Remedy* in little water, soak cotton in it and apply it on the cut and put up a bandage. Next morning the wound heals without leaving a scar!

Note: From whatever part of the body the bleeding may occur, we have to treat (to stop bleeding) on the middle of the elbow fold.

(b) SHOCK: Removing the effects of shock is very simple. The acupressure point for shock is SHOULDER TIP. (If you are wearing a shirt with correct measurement it is easy to locate the point. There is a stitch connecting the sleeves with the shirt at the shoulder joint. Another stitch from the side of the neck runs to the edge or *tip of the shoulder*. The point where these two stitches meets is the “shock” point.) **This is also called “Energy Point.”**



Using a ball-pen press as hard as you can, on the shoulder tip.

Explanatory Note: There is no “energy” in our body as such, according to Chinese medical philosophy. We are receiving energy *constantly and continuously* from the cosmos (universal energy) and it enters the body through the shoulder tip. Mental or physical shock cuts off the invisible wire that connects our body with the cosmos. In electricity, suppose

the fuse goes off, the rotating ceiling fan stops and the light goes off. What do we do at this time? We just replace the fuse wire. By giving three minutes pressure on the shoulder tip we only *restore* the connection between our body and the cosmos.

When the fuse wire is replaced, the fan again starts rotating and the bulb starts burning. Whether the fuse went off just then or four days ago, we replace the fuse wire once only.

Let us now see what are the effects of shock, be it mental or physical:

In a serious accident, or emotional shock (bad news such as the death of loved one etc.) the following are a few examples of what follows:

Amnesia and/or aphasia. Loss of memory of past events or words (for a particular period in the past,) e.g. cannot remember anything that had happened for six years preceding the time of shock. Or, loss of speech; loss of function of a particular part of the body. *e.g.*, after electric shock the whole right limb paralysed; mental derangement after shock.

The effects of shock are nothing but loss of function (complete cessation of activity) of a particular part of body or faculty of mind. When the fuse wire is replaced the ceiling fan starts rotating again; so also, by giving treatment for shock (three minutes hard pressure on shoulder tip) the connection is restored and so the affected part starts functioning or the lost mental faculty is restored. Effects of shock can be compared with the complete cessation of function of electrical appliances in a particular section of a factory (because fuse has gone off covering that section). Since the results of shock create similar effects only, there is every justification when Chinese medical philosophy tells that shock cuts off the connection between our human body and cosmos. This is confirmed by the fact that the

effects of shock are completely cured by giving 3-minute treatment on shoulder tip (hard pressure.)

EXPLANATORY NOTES on other uses of “SHOCK” point

Definition: Shock and collapse both imply a state of prostration, but shock is sometimes regarded as indicating a swift and abrupt onset; collapse means a failure to withstand inimical circumstances of some duration. There is no use to make such a distinction because the prostration in both cases is of a uniform character. In this para, both shock and collapse will be regarded as synonymous.

Sudden state of prostration can be induced by several different causes.

War wounds, civil accidents, severe burns, prolonged surgical operations, and diseases characterized by severe vomiting and diarrhoea are conditions where shock is most vividly associated.

“We do come across persons who, after an accident, are suffering from pain or some discomfort for several months or even years though they had consulted ortho doctors; no drugs seem to help them. For example, a lady fell down from a fast moving bullock-cart in a village and received injury on breast and shoulder; since then she had constant pain. Doctors could not give her permanent relief. Treatment for just three minutes (hard pressure) on the shoulder-tip (right or left) gave her total and permanent relief.

Dr. Mouli Abdul, homoeopath from Nagapattinam reports “Dear Dr. Kirushnamoorthy, I had under my care about ten patients who had been suffering from pain or other discomfort after they met with an accident a few months or years ago. With

my medicines I could give them partial/temporary relief. After I learnt acupressure in your one day personal course, I treated all these patients (by giving hard pressure for three minutes only) on one side of shoulder tip. Nine of these patients reported complete and permanent cure. Thank you for this wonderful acupressure.”

(c) Now we have to calm down the patient who is **RESTLESS, ANXIOUS** and has **FEAR**—may be after an accident, or burns or poison-bite or during the course of any disease. This again is easy to remember. This is called “**ANXIETY**” point.

Location: Along the most distal crease of the wrist, on the ulnar side, medial to the tendon.

According to Chinese medical philosophy, vital or *chi* fluid (invisible energy flow) constantly circulates throughout the body. When it gets partly blocked in a part of the body, we find over-activity of that part. By giving pressure on the “**ANXIETY**” point we simply disburse the excess accumulated energy from the head or brain. Not only ‘fear-anxiety-restlessness’, but also mental tension and worry. (For insomnia this is an excellent point to treat.)

Using the bottom of a ball-pen press hard on “**ANXIETY**” point for three minutes thinking in your mind that the patient is going to calm down as the excess energy accumulated is going to be sent out from the head.

You call it nervousness at interview or examination fear or fear of boss at the office. Just 3-minute treatment (hard pressure) on “Anxiety Point” gives wonderful relief. Dr. Ahmed

“**ANXIETY**” point



from Lucknow reports: “Dear Dr. Krishnamoorthy. Thank you for your 1-day course. Your *Anxiety Point* is wonderful. For those who are arrogant, proud, haughty, short-tempered, irritable, violent, inhuman etc. I give 3-minute treatment and they are permanently cured with one single treatment.

We should give treatment on this point for Saddam Hussain and arrogant fellows.

Whenever any arrogant local rowdy comes to me for treatment any (or where any patient is anxious, excited or restless/irritable) I invariably treat this point and their arrogance comes to an end once for all, much to my surprise as well as to the surprise of local citizens.

In insane patients in mental hospitals who are chained or kept inside the cage because of their violent behaviour in beating others or throwing things, I gave treatment to some selected cases and they are now cured and are back at home. These who are constantly nervous, excited, peevish, quarrelsome, disputative, argumentative etc. this point is a boon indeed. After treatment on *Anxiety Point* they have become sensible.

For “under active persons” (dull, stupid, lazy, lethargic, indifferent, low *i.q.*, stupid and idiotic) see our *Complete Guide to Acupressure Treatment*.

In this first month lessons we have thus far seen as how

- (i) to stop bleeding;
- (ii) to remove the effects of mental/physical shock; and
- (iii) to cure anxiety, fear, restlessness etc. (to calm down the patient);

Some Explanatory Notes on the above:

The point at shoulder tip (SHOCK point) is a multi-purpose point. We have already called it “Energy” point.

(1) In between our office work, most of us take a cup of coffee or tea; some smoke a cigarette. These are not food *per se* but are taken to pep up the system—to get some instant energy. Though these activate our nervous system, in the longer run they only weaken the nerves.

In these circumstances, if you give 3-minute hard pressure on shoulder-tip, it will have the same effect of coffee/tea or tobacco smoke minus, of course, the after-effects of these stimulants. (The equivalent Bach Remedy for this state is *Walnut and Olive*).

(2) For ordinary weakness after acute illness (typhoid, jaundice etc. these are called debilitating diseases) and in case of convalescent period (where the patient has to take rest coupled with nutritious food) this point on shoulder tip has worked wonders. ‘Convalescent period’ is out of question with acupressure treatment on this point. (The equivalent Bach Remedy for this condition is *Centaury*.)

OTHER USES OF “ANXIETY” POINT (Fear-Anxiety-Restlessness)

The point “ANXIETY” is to be used not only to calm down the victim of accidents and poison-bites who may be restless. In most cases of serious accidents, snake-bite, scorpion-sting, burns, the patient may be restlessness and so we have explained the use of this point under “medical emergencies.”

This point is most useful for treating patients who are arrogant, haughty, proud, always scolding others, haughty father beating or threatening children, restlessness, worry, anxiety—any mental state that makes the patient restless in mind and body.

Take, for example, interview or examination fear; hard-pressure for 3-minute on this point will do the trick; it calms down the patient by removing excess anxiety and restlessness.

According to Chinese medical philosophy an invisible fluid-like substance called *chi* circulates throughout the body evenly distributing the energy to different parts, giving to each part or organ the required amount of energy on different occasions. (This can be compared to blood circulation in modern physiology, carrying oxygen and nutrition to different parts). Suppose the circulating energy force gets blocked in a place due to some reason or other, the excess-accumulated energy make that part over-active. In head or brain it causes restlessness. By treating (i.e.giving hard pressure for 3-minutes on the “ANXIETY” point we simply disperse the excess accumulated energy. Nothing more and nothing less. Thus, the patient calms down.

Therefore, whenever you treat this point, you must tell yourself mentally that the excess energy blocked or accumulated in brain is being dispersed and thus the patient is going to calm down.

At the present day, much is talked about “tension.” Lot of books are published and counselling are going on, as to how to reduce tension.

No need to go for counselling or read hundreds of pages. Just press on “ANXIETY” point for three minutes and tension would be a thing of the past.

The foremost evils of our society are *not* poverty, drug-trafficking, naxalites, mafia group, etc. The real and fundamental evils are jealousy, suspicious, anger, arrogance.

All these evils can be eradicated with acupressure treatment on (ANXIETY) point.

Cases treated:

Mr. S., sixty years, was always suspicious of his wife. When she goes out and after some hours come home, he will pretend to hurriedly go to certain places, and engage the auto-rickshaw in which she had returned; he will make discreet inquiries with the auto driver as to wherefrom she came. Then on coming home, he will ask his wife where all she went and suppose her answer is different from the autorickshaw driver's he will take her to task. Under the pretext of seeing palmistry for him, hard pressure was given for 3-minutes and his over-suspicious nature diminished.

Mr. R., Branch Manager was restless because the ticket has not arrived for the next morning flight. Hard pressure was given on “ANXIETY” point and he soon calmed down, and realised that the ticket was to be delivered at his residence that evening.

For short-tempered persons, for anger, irritability of mind etc. this point is quite useful.

**Cut short your bills by learning the above
Accupressure method in our 3-day personal
course. For details see next page.**

DATES OF PERSONAL COURSES

Many of my readers have been asking over phone and by letter inquiring the next date of our *Personal Course*. For them this circular.

Following are the dates for our different courses.

	At Chennai	At Bangalore
DR. BACH FLOWER REMEDIES OF ENGLAND	Jan. 23 to 25	Jan. 1 to 3
	April 23 to 25	April 1 to 3
	July 23 to 25	July 1 to 3
	Oct. 23 to 25	Oct. 1 to 3
CHINESE ACUPRESSURE	Feb. 23 to 25	Feb. 1 to 3
	May 23 to 25	May 1 to 3
	Aug. 23 to 25	Aug. 1 to 3
	Nov. 23 to 25	Nov. 1 to 3

Note: (1) Duration for each course is **THREE DAYS**. (3 p.m. to 6 p.m.)

(2) Fees: Rs.12,000=00 (Twelve thousand only) for each course.

(3) You may register by paying the full fees, **TWO MONTHS IN ADVANCE**. Those registering within two months will have to pay 25% extra.

[There is no application form to join the course. You may just send the amount and register your name.]

BEST THINGS IN LIFE

MEDITATION

– *Explained in down-to-earth language and matter-of-fact way* –

For practising this method, you
need not spend any time, nor
learn any techniques, nor sit in a
lonely place.

By this meditation,

- (a) your diseases are cured;
 - (b) your income multiplies;
 - (c) more persons come to your help
-

For getting the above book by post you may
send Rs.120=00.

Dr. V. KRISHNAMURTHY

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